

# Lento Lerele

Count: 48

Wall: 0

Level: Phrased Easy Improver

Choreographer: Raymond Sarlemijn (NL), Angels H. Guix 'Chalky'(Spain), Enric Nonell (Spain). July 2018

Music: Lento (Radio Edit) by Gemeliers, Joey Montana & Sharlene – Album: Stereo. Length: 3'18'

Intro: 16 counts.

Sequence: AAA B CC AA B CC AA CCCC A

**PART A: 16 counts**

**A[1-8] Rumba box, rocking chair, ½ pivot left**

1&2 Step RF to right, step LF together, step RF forward  
3&4 Step LF to left, step RF together, step LF backward  
5& Rock RF backward, recover on LF  
6& Rock RF forward, recover on LF  
7& Rock RF backward, recover on LF  
8& Step RF forward, ½ turn left and step on LF

**A[9-16] Shuffle diagonal forward x2, step touch backward x4**

1&2 Step RF to right diagonal forward, step LF together, step RF to right diagonal forward  
3&4 Step LF to left diagonal forward, step RF together, step LF to left diagonal forward  
5&6& Step RF to right diagonal backward, touch LF together, step LF to left diagonal backward, touch RF together  
7&8& Step RF to right diagonal backward, touch LF together, step LF to left diagonal backward, touch RF together

**PART B: 16 counts**

**B[1-8] Right hip push x3, step together, mambo step x2 (L, R)**

1 Place ball of RF to right at hipwidth and push hip to right  
2 Place ball of RF slightly further to right and push hip to right  
3 Place ball of RF little bit far to right and push hip to right  
4 Step RF together  
5&6 Rock LF to left, recover on RF, step LF together  
7&8 Rock RF to right, recover on LF, step RF together

**B[9-16] Left hip push x3, step together, mambo step x2 (R, L)**

1 Place ball of LF to left at hipwidth and push hip to left  
2 Place ball of LF slightly further to left and push hip to left  
3 Place ball of LF little bit far to left and push hip to left  
4 Step LF together  
5&6 Rock RF to right, recover on LF, step RF together  
7&8 Rock LF to left, recover on RF, step LF together

**PART C: 16 counts**

**C[1-8] Step forward w/ clap x3 (R, L, R), step forward w/ clap x3 (L, R, L), coaster step x2**

1&2 Step RF forward and clap, step LF forward and clap, step RF forward and clap  
3&4 Step LF forward and clap, step RF forward and clap, step LF forward and clap  
5&6 Step RF backward, step LF together, step RF forward  
7&8 Step LF backward, step RF together, step LF forward

**C[9-16] Rocking chair travelling right, step RF to right, body roll left, body roll right, body roll left w/ ¼ turn, touch**

1&2& Rock RF forward, step LF behind RF, rock RF backward, cross LF over RF  
3&4& Rock RF forward, step LF behind RF, rock RF backward, cross LF over RF  
5 Body roll sideward to right and step on RF  
6 Body roll sideward to left and step on LF  
7 Body roll sideward to right and step on RF ¼ turn left and step LF forward  
8 ¼ turn left and step LF forward

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