

ROUTINE BREAK-DOWN

Song Name: Lento-By Daniel Santacruz

Dance Style: Kizomba/Zouk Fusion

Beats per minute: 96

Rhythm: 1, 2, 3, 4, 5, 6, 7, 8

Component: Warm Up

Steps & Movements

Footwork	Foot Placement	Arm Styling	Body Movements	Beat value
Basic Kizomba Two Step RF side Tap LF to RF transfer part weight Replace full weight to RF LF side Tap RF to LF transfer part weight Replace full weight to LF	Ball heel Ball Flat Ball heel Ball Ball heel	Same arm to moving foot swaying to the side, other hand is to centre.	Kizomba 'figure 8' hip action and body action is used throughout.	Slow Quick Quick Slow Quick Quick
Box Step RF back LF back RF crosses LF LF taps to RF transfer part weight Replace full weight to RF (repeat starting with LF)	Ball Heel Ball Heel Ball Heel Ball Ball	Both arms sway forward when tapping OR One comes across body and to head.	Body turns to LDF Kizomba 'figure 8' hip action and body action is used when tapping foot.	Slow Slow Slow Quick Quick
Zouk Basic RF forward LF small step forward RF in place LF back RF small step backward LF in place	Ball heel Ball heel Ball heel Ball heel Ball heel Ball heel	When stepping forward arms comes forward and around. When stepping back arms come behind the head. And Vice Versa. This repeats.	Zouk body wave & hip sway action is used throughout.	Slow Quick Quick Slow Quick Quick
Rock with Infinity Step RF crosses LF (TW) Replace weight onto LF Tap RF to right RF forward & across LF LF small step to side & slightly forward with part weight RF in place to face RDF	Ball Heel Ball Heel Ball Ball heel Ball Ball heel	Arms cross when rocking forward. Come to horizontal position. Hair-Comb when performing the Infinity step.	Zouk body wave & hip sway action is used throughout.	Slow & Slow Quick Quick Slow

Additional Teaching Points

- Add a Body Roll when tapping the foot on the Box Step.

Music Map

Section	No of Bars	Beats per bar	Associated Footwork
Intro	2	8	Basic Kizomba Two Step
Verse	4	8	Box Step
Bridge	4	8	Zouk Basic
Chorus	4	8	Rock with Infinity Step
Interlude	2	8	Basic Kizomba Two Step
Verse	4	8	Box Step
Bridge	4	8	Zouk Basic
Chorus	4	8	Rock with Infinity Step
Interlude	1 ½	8	Basic Kizomba Two Step
Slow Section	2	8	Hip Roll with Slide
Chorus	4	8	Rock with Infinity Basic
Interlude/Ending	4	8	Basic Kizomba Two/Four Step