

ROUTINE BREAK-DOWN

Song Name: Amor Amor- By Elizio

Dance Style: Kizomba

Beats per minute: 88

Rhythm: 1, 2, & 3, 4, &

Component: Warm- Up

Steps & Movements

Footwork	Foot Placement	Arm Styling	Body Movements	Beat value
Basic Two Step Forward and Back 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 (repeat Forward and Back)	Ball heel Ball Flat Ball heel Ball Ball heel	Arms in Basic Latin position throughout.	Kizomba 'figure 8' hip action and body action is used throughout	Slow Quick Quick Slow Quick Quick
Ronde Weight on LF, step RF forwards Ronde LF Step LF back (TW) Flick RF in front of left knee	Ball Heel Ball Ball Heel	Arms come down behind head, Follow path of Ronde, Come up to vertical	Kizomba 'figure 8' hip action and body action is used throughout.	Slow Slow Slow Slow
Lunges Preceded by 3 Forward Walks LF forward, knee flexed taking full weight Point RF to side, lateral stretch to R Replace full weight to LF (repeat lateral stretch to L) Add swivels coming forward.	Ball heel IET Flat	Arms in Basic Latin Position Arm stretches with leg.	throughout. Lifting rib-cage throughout.	Slow Quick Quick
Basic Four Step RF side LF close to RF RF side Tap LF to RF transfer part weight Replace full weight to RF LF side RF close to LF LF side Tap RF to LF transfer part weight Replace full weight to LF	Ball heel Ball heel Ball heel Ball Flat Ball heel Ball heel Ball heel Ball Flat	When travelling to Right arms come upwards, when travelling Left the arms come behind head. This repeats.	Kizomba 'figure 8' hip action and body action is used throughout	Slow Slow Slow Quick Quick Slow Slow Slow Quick Quick

Music Map

Section	No of Bars	Beats per bar	Associated Footwork
Intro	6	4	Foot Stretches
Bridge	4	4	Basic Two Step Forward and Back
Verse	8	4	Ronde
Chorus	8	4	Lunges
Bridge	4	4	Walks with swivels
Verse	8	4	Ronde
Chorus	8	4	Lunges
Bridge	4	4	Walks with Swivels
Interlude	8	4	Basic Four Step
Verse	8	4	Ronde
Chorus	8	4	Lunges
Bridge	8	4	Walks with Swivels
Chorus	8	4	Lunges

Additional Teaching Points

- Add a hip rotation on the Basic Four Step
- Look over shoulder when flicking on Ronde