

La Bomba

Count: 32

Wand: 4

Ebene: Easy Intermediate

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Musik: La Bomba - Coco Caribe



Intro: 42 count

S1. VAUDEVILLE, SYNCOPATED CROSS SHUFFLE WITH SAMBA TEMPO

- 1&2& Cross R over L – Step L to side – Touch R toes diagonal forward – Step R together (12:00)
3&4& Cross L over R – Step R to side – Touch L toes diagonal forward – Step L together (12:00)
5 a6 Cross R over L – Step L to side – Cross R over L (12:00)
a7 a8 Step L to side Cross R over L – Step L to side – Cross R over L (12:00)

S2. SAMBA WHISK, CROSS SHUFFLE WITH SAMBA TEMPO, TURN 1/2 RIGHT CROSS SHUFFLE WITH SAMBA TEMPO, SIDE MAMBO

- 1 a2 Step L to side – Rock R behind L – Cross L over R (12:00)
a 3 Step R to side – Cross L over R
a 4 Step R to side – Cross L over R (12:00)
5 a6 Turn 1/2 right cross R over L (6:00) – Step L to side – Cross R over L
7&8 Rock L to side – Recover on R – Step L together (6:00)

S3. STATIONARY SAMBA WHISK FORWARD, STATIONARY SAMBA WHISK TO SIDE

- 1 a2 Step R forward – Step L together – Step R in place (6:00)
a3 a4 Step L in place – Step R in place – Step L in place - Step R in place
5 a6 Step L to side – Step R together – Step L in place
7 a8 Step R to side – Step L together – Step R in place (6:00)

S4. VOLTA TURN 1/4 LEFT, VOLTA TURN 1/2 RIGHT, PUSH FORWARD WITH HIPS BUMPS, RECOVER, PUSH BACK WITH HIPS BUMPS

- 1 a2 Turn 1/4 left cross L over R – Step R to side – Step L forward (3:00)
3 a4 Turn 1/4 right cross R over L (6:00) – Step L to side – Turn 1/4 right step R forward (9:00)
5 a6 Push L forward bump hips forward – Bump hips back – Bump hips forward (While doing this weight on R)
a7 a8 Recover on R - Push L back bump hips back – Bump hips forward – Bump hips back (While doing this weight on L) (9:00)

REPEAT

RESTART : On wall 6 & 7 after 16 count

TAG 1 (2 count) : End of wall 2, on wall 3 & 8 after 16 count

- 1-2 Touch R to side – Touch R together

TAG 2 (4 count) : End of wall 1 & 5

- 1-4 Touch R to side – Touch R together – Touch R to side – Touch R together

TAG 3 (8 count) : End of wall 4

- 1-4 Touch R to side – Touch R together – Touch R to side – Step R together
5-8 Touch L to side – Touch L together – Touch L to side – Step L together

For more info about step sheet & song, please contact:

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