

Lambada EZ

Count: 56

Wand: 1

Ebene:

Choreograf/in: Montse Bou (ES) - December 2020

Musik: Lambada - Kaoma

oder: Lambada (Llorando Se Fue) - Wilkins



(Intro: 8c.) + 56 + 56 + 56 + Instr.48 + 56 + Instr.48 + ... The End 48+20

ROCK-STEP FORWARD (L), SHUFFLE BACK (LRL), ROCK-STEP BACK (R), PIVOT FULLTURN LEFT (R-L), ROCK-STEP FORWARD (R), COASTER-STEP (R).

1-2 Rock LF forward, recover weight on RF

3&4 Step LF back, Step RF next to RF, Step LF back

5-6 Rock RF back, recover weight on LF

7-8 Pivot ½ turn L stepping RF forward,(06.00) - Pivot ½ turn L stepping LF forward,(12.00)

Option (easier): Walk 2 Steps forward crossing RL

9-10 Rock RF forward, recover weight on LF

11&12 Step RF back, Step LF beside RF, Step RF forward.

ROCK-STEP FORWARD (L), SHUFFLE BACK (LRL), ROCK-STEP BACK (R), PIVOT FULLTURN LEFT (R-L), ROCK-STEP FORWARD (R), COASTER-STEP (R).

13-24 - Repeat 1-12

SIDE ROCK-STEP L, CROSS SHUFFLE (LRL), SIDE ROCK-STEP R, CROSS SHUFFLE (RLR).

25-26 Side step LF, recover on RF

27&28 Cross LF over RF, step RF to right side, Cross LF over RF

29-30 Side step RF, recover on LF

31&32 Cross RF over LF, step LF to left side, Cross RF over LF

PADDLE FULL TURN RIGHT

33-34 Step forward on left, ¼ Turn right (weight on right) (03.00)

35-36 Step forward on left, ¼ Turn right (weight on right) (06.00)

37-38 Step forward on left, ¼ Turn right (weight on right) (09.00)

39-40 Step forward on left, ¼ Turn right (weight on right) (12.00)

SIDE ROCK-STEP L, CROSS SHUFFLE (LRL), SIDE ROCK-STEP R, CROSS SHUFFLE (RLR).

41-42 Side step LF, recover on RF

43&44 Cross LF over RF, step RF to right side, Cross LF over RF

45-46 Side step RF, recover on LF

47&48 Cross RF over LF, step LF to left side, Cross RF over LF

**RESTART on Instrumental Walls (only 48 counts),
and last sequence (The End) .**

PADDLE FULLTURN RIGHT

49-50 Step forward on left, ¼ Turn right (weight on right) (03.00)

51-52 Step forward on left, ¼ Turn right (weight on right) (06.00)

53-54 Step forward on left, ¼ Turn right (weight on right) (09.00)

55-56 Step forward on left, ¼ Turn right (weight on right) (12.00)

REPEAT