

My La Bomba

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Yo Herry P (INA) - November 2022

Musik: La Bomba (Bonus Track) - Mendez



Intro: 16 Count - No Tag – 1 Restart

S1: DIAGONAL LEFT, SIDE, HOLD, BEHIND CROSS ROCK, RECOVER, SIDE, TOGETHER, SIDE, TOGETHER

- 1-3 Step R forward diagonally left, Make 1/8 right turn step L to side, Hold
- 4&5 Cross rock R behind L, Recover on L, Step R to side
- 6-8 Step L next to R while lifting R heel, Step R to side, Step L next to R while lifting R heel

S2: SIDE, CROSS OVER, TURN ¼ LEFT BACK, KNEE LIFT, BACK, BACK, SIDE, FORWARD, SIDE, TOUCH, SIDE, TOGETHER

- 1-2&3& Step R to side, Cross L over R, Make ¼ left turn step R back, Step L back, Lift knee up
- 4&5 Step R back, Step L to side, Step R forward
- 6-8& Step L to side, Touch R beside L, Step R to side, Step L next to R while lifting R heel

S3: TURN ¼ RIGHT FORWARD, TURN ¼ RIGHT TOUCH, FLICK, HOLD, HOLD, TOGETHER, BACK ROCK, RECOVER, FORWARD, LOCK

- 1-2&3 Make ¼ right turn step R forward, Make ¼ right turn touch L to side, Flick L inside
- 4&5 Hold, Hold, Step L next to R while lifting R heel
- 6-7 Rock R back, Recover on L
- 8& Step R forward, Lock L behind R

S4: FORWARD, TURN ¼ RIGHT FORWARD, FORWARD, TURN ¼ RIGHT FORWARD LOCK SHUFFLE, SIDE ROCK, HOLD, RECOVER

- 1-3 Step R forward, Make ¼ right turn step L forward, Step R forward
- 4&5 Make ¼ right turn step L forward, Lock R behind L
- 6-8 Rock R to side, Hold, Recover on L

Begin again!

Restart during wall 10 after 16 counts

For more questions about this dance please contact me at: yodancesport@gmail.com
