

Orale (Lambada)

Count: 88

Wand: 2

Ebene: Phrased Improver

Choreograf/in: Roosamekto Mamek (INA) - September 2024

Musik: Fille du Sud (Lambada) - MIMAA



Intro: 16 count (approximately 00:07)

Sequence : A, A, B, A, A, B, A* (with change steps on A.4), B

PART. A (32 COUNT)

A1. WALK FORWARD, TOUCH, WALK BACK, TOUCH

1-4 Step R forward - Step L forward - Step R forward - Touch L together (12:00)

5-8 Step L back - Step R back - Step L back - Touch R together

A2 . SIDE, TOGETHER, SIDE, TOUCH

1-4 Step R to side - Step L together - Step R to side - Touch L together (12:00)

5-8 Step L to side - Step R together - Step L to side - Touch R together

A3. MONTEREY TURN 1/4 RIGHT, MONTEREY

1-4 Touch R to side - Turn 1/4 right step R together (3:00) - Touch L to side - Step L together

5-8 Touch R to side - Turn 1/4 right step R together (6:00) - Touch L to side - Step L together

A4. SIDE WITH HIPS BUMP, HIPS BUMP, TOUCH

1-4 Step R to side bump hips to right - Bump hips to left - Bump hips to right - Touch L together (6:00)

5-8 Step L to side bump hips to left - Bump hips to right - Bump hips to left - Touch R together (6:00)

Change A4 in A* with the steps below:

SLOW CHASSE TURN 1/2 LEFT, SLOW FORWARD MAMBO

1-4 Step R forward - Turn 1/2 left weight on L - Step R forward - Hold

5-8 Rock L forward - Recover on R - Step L together - Hold

PART. B (56 COUNT)

B1. SIDE ROCK, CHA CHA CHA IN PLACE

1-2 Rock R to side - Recover on L (12:00)

3&4 Step R together - Step L in place - Step R in place

5-6 Rock L to side - Recover on R

7&8 Step L together - Step R in place - Step L in place

B2. PADDLE TURN 1/4 LEFT (4X)

1-4 Step R forward - Turn 1/4 left weight on L (9:00) - Step R forward - Turn 1/4 left weight on L (6:00)

5-8 Step R forward - Turn 1/4 left weight on L (3:00) - Step R forward - Turn 1/4 left weight on L (12:00)

B3. JAZZBOX CROSS

1-4 Cross R over L - Step L back - Step R to side - Cross L over R (12:00)

5-8 Cross R over L - Step L back - Step R to side - Cross L over R

B4. VINE RIGHT & LEFT

1-4 Step R to side - Cross L behind R - Step R to side - Touch L together (12:00)

5-8 Step L to side - Cross R behind L - Step L to side - Touch R together

B5. SIDE, TOGETHER, SIDE, TOUCH

1-4 Step R to side - Step L together - Step R to side - Touch L together (12:00)

5-8 Step L to side - Step R together - Step L to side - Touch R together

B6. ROCKING CHAIR

1-4 Rock R forward - Recover on L - Rock R back - Recover on L (12:00)

5-8 Rock R forward - Recover on L - Rock R back - Recover on L

B7. CHARLESTON STEP, SIDE MAMBO

1-4 Step R forward - Touch L forward - Step L back - Touch R back (12:00)

5&6 Rock R to side - Recover on L - Step R together

7&8 Rock L to side - Recover on R - Step L together

REPEAT

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

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