

Lambada

Count: 64

Wand: 1

Ebene: Intermediate

Choreograf/in: Paul Merola (USA)

Musik: My Maria - Brooks & Dunn



RIGHT TOGETHER, RIGHT TOGETHER, CHA-CHA-CHA, ROCK STEP

- 1-2 Step to right on right foot, step left next to right foot.
3-4 Step to right on right foot, step left next to right foot.
5&6 Step to right on right foot, step left next to right foot, step to right on right foot
7-8 Rock back on left foot, step right foot in place

CROSS STEP, CROSS STEP, CROSS STEP, STOMP, STOMP

- 9 Still moving to the right cross left foot over right foot locking ankles (keeping weight only on ball of left foot)
10 Still moving to the right transfer weight to the right foot (stay only on the ball of right foot)
11 Still moving to the right transfer weight to ball of left foot
12 Shift weight to ball of right foot
13 Still moving to the right transfer weight back to ball of left foot
14 Drop the heel of the right foot to the floor (put weight on right foot)
15-16 Tap or stomp left foot a bit forward and clap at the same time (do this twice.)

Steps 9-14 should be done with a swivel action

LEFT TOGETHER, LEFT TOGETHER, LEFT TOGETHER, CHA-CHA-CHA, ROCK STEP, CROSS STEP, CROSS STEP, CROSS STEP, STOMP, STOMP

- 17-32 Repeat 1-16 going to the left and starting with the left foot and ending with right stomp or tap

SHUFFLE FORWARD RIGHT-LEFT-RIGHT SHUFFLE FORWARD LEFT-RIGHT-LEFT STEP SLIDE STEP SLIDE

- 33&34 Step forward on right foot, step left foot next to right, step forward on right foot
35&36 Step forward on left foot, step right foot next to left, step forward on right foot
37-38 Step back on right foot, slide left back next to right and clap
39-40 Step back on right foot, slide left back next to right and clap

SHUFFLE FORWARD RIGHT-LEFT-RIGHT SHUFFLE FORWARD LEFT-RIGHT-LEFT STEP SLIDE STEP SLIDE

- 41-48 Repeat 33-40

TURN STEP STEP STEP CHA-CHA-CHA STEP STEP

- 49 Stepping forward on right foot turn ½ turn left
50 Step forward on left foot
51-52 Step forward on right foot, step forward on left foot
53&54 Step forward on right foot, step left foot next to right, step forward on right foot
55-56 Step forward on left foot, step forward on right foot

TURN STEP STEP STEP CHA-CHA-CHA STEP STEP

- 57 Stepping forward on left foot turn ½ turn right
58 Step forward on right foot
59-60 Step forward on left foot, step forward on right foot
61&62 Step forward on left foot, step right foot next to left foot, step forward on right foot
63-64 Step forward on right foot, step forward on left foot

REPEAT

