

# Lambada

Count: 0

Wand: 1

Ebene: Intermediate

Choreograf/in: Irene Groundwater (CAN)

Musik: Lambada - La Hermoza



Sequence: AB, AB, AB, CB, ABC, BC 'til music ends

## PART A

**TURNING RIGHT, FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)**

Lambada steps in figure eight formation turning steps are on forward steps for 24 counts. On counts 1-12, turn is to the right. On counts 13-24, turn is to the left)

1&2 Right forward turning 1/6th turn to the right, side step left, replace right

3&4 Left forward turning 1/6th turn to the right, side step right, replace left

5-12 Repeat steps 1-4 twice

**This completes one full turn to the right**

**Option: six forward walks with holds - making full turn right on steps**

**TURNING LEFT, FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)**

13&14 Right forward turning 1/6th turn to the left, side step left, replace right

15&16 Left forward turning 1/6th turn to the left, side step right, replace left

17-24 Repeat steps 13-16 twice

**This completes one full turn to the left**

**Option: six forward walks with holds - making full turn left on steps**

## PART B

**SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER**

1 Sway diagonal. Forward on right foot bending right knee and dipping right shoulder forward

2 Continue sway straightening right knee and raising right shoulder

3 Sway diagonal back onto left foot bending left knee and dipping left shoulder back

4 Continue sway straightening left knee and raising left shoulder

**Option: on counts 1&2, lower right heel, lower left heel, lower right heel**

**Option: on counts 3&4, lower left heel, lower right heel, lower left heel**

**SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER**

5-8 Repeat above counts 1-4

**RIGHT ROLLING VINE (¼, ½, ¼) WITH A TOUCH**

9-10 Right step into ¼ right stepping forward, left foot into ½ right stepping back

11-12 Right step into ¼ right stepping side right, touch left toe to right instep

**Option: clap hands twice on counts &12**

**Option: right vine with touch**

**LEFT ROLLING VINE (¼, ½, ¼) WITH A TOUCH**

13-14 Left step into ¼ left stepping forward, right foot into ½ left stepping back

15-16 Left step into ¼ left stepping side left, touch right toe to left instep

**Option: clap hands twice on counts &16**

**Option: left vine with touch**

**SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER**

- 17 Sway diagonal. Forward on right foot bending right knee and dipping right shoulder forward  
18 Continue sway straightening right knee and raising right shoulder  
19 Sway diagonal back onto left foot bending left knee and dipping left shoulder back  
20 Continue sway straightening left knee and raising left shoulder

**Option: on counts 17&18, lower right heel, lower left heel, lower right heel**

**Option: on counts 3&4, lower left heel, lower right heel, lower left heel**

**SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER**

- 21-24 Repeat above counts 17-20

**SIDE STEP, DRAG, BEHIND, IN PLACE**

- 25-26-27 Side step right, drag left towards right for 2 counts  
&28 Left behind right, right steps in place

**SIDE STEP, DRAG, POINT RIGHT. TOE BEHIND LEFT. FOOT & POINT RIGHT HAND ACROSS BODY TO LEFT, HOLD**

- 29-30 Side step left, drag  
31 Point right toe to the left behind left foot & cross right arm across front of body pointing right hand to the left  
32 Hold

**PART C**

**SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP**

- & Side step right  
1-2& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right  
3-4& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

**1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP**

- 5-6& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right  
7-8& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

**1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP**

- 9-10& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right  
11-12& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

**1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, TOUCH**

- 13-14& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right  
15 Left forward making 1/8 turn left as right hip rotates left in a circle for 1 count  
16 Right toe touches to left instep

**Option: hold right arm above head and left hand of left hip for pattern C**

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