

# La Bamba

Count: 56

Wand: 4

Ebene: Improver

Choreograf/in: Eva Pau (CAN) - June 2010

Musik: La Bamba - Los Lobos



**Start dancing after 16 count**

## **TOE, HEEL, CROSS, HOLD X 2**

- 1 – 2 Touch right toe next to left instep turning knee in, touch right heel to right side
- 3 – 4 Cross right over left, hold
- 5 – 6 Touch left toe next to right instep turning knee in, touch left heel to left side
- 7 – 8 Cross left over right, hold

## **BACK SHUFFLE, HOLD, ½ TURN L SHUFFLE, HOLD**

- 1 – 4 Shuffle back right, left, right, hold
- 5 – 8 Shuffle back left, right, left to turn ½ L (6:00)

**Restart here at 5th wall (facing 6:00)**

## **FORWARD MAMBO, HOLD, BACK MAMBO, HOLD**

- 1 – 4 Rock right forward, recover on left, step right back
- 5 – 8 Rock left back, recover on right, step left forward

## **STEP ¼ TURN L, CROSS, HOLD, WEAVE**

- 1 – 4 Step right forward, ¼ turn L, cross right over left, hold
- 5 – 8 Step left to side, step right behind left, step left to side, cross right over left

## **BEHIND, SIDE, CROSS, HOLD, TOE STRUTS X 2**

- 1 – 4 Step left back in place, step right to side, cross left over right, hold
- 5 – 8 Touch right toe to right, step right in place, touch left toe forward, step left in place

## **FORWARD ROCK, RECOVER ½ TURN R, HOLD, FORWARD SHUFFLE, HOLD**

- 1 – 4 Rock right forward, recover on left, ½ turn R step right forward, hold
- 5 – 8 Forward shuffle left, right, left, hold

## **SIDE MAMBO, HOLD X 2**

- 1 – 4 Rock right to side, recover on left, step right together, hold
- 5 – 8 Rock left to side, recover on right, step left together, hold

## **Ending**

**Replace first 3 counts of 5th section with behind, ½ turn R, forward to return to 12:00**