

Dance, Up and Up

Count: 36

Wand: 1

Ebene: Beginner

Choreograf/in: Marie H. Sacarello - January 2014

Musik: La Bamba - Selena



Intro. : 32 counts from start of music

Note: Add Cuban motion, the typical Latin hip action to count 1-16.

[1-8] Right forward lock step, touch, Left forward lock step, touch

- 1-2 Step forward on right , Step left behind right
- 3-4 Step forward on right, Touch left next to right
- 5-6 Step forward on left , Step right behind left
- 7-8 Step forward on left, Touch right next to left

[9-16] Right chasse, Touch, Left chasse, Touch

- 1-2 Step right to right side, Step left next to right
- 3-4 Step right to right side, Touch left next to right
- 5-6 Step left to left side, Step right next to left
- 7-8 Step left to left side, Touch right next to left

[17-24] Right shuffle back, Left shuffle back, Right shuffle back, Left shuffle back

- 1&2 Shuffle backwards stepping RLR (slightly towards diagonally right)
- 3&4 Shuffle backwards stepping LRL (slightly towards diagonally left)
- 5&6 Shuffle backwards stepping RLR (slightly towards diagonally right)
- 7&8 Shuffle backwards stepping LRL (slightly towards diagonally left)

[25-32] Right grapevine, Touch, Left Grapevine, Touch

- 1-2 Step right to right side, Cross left behind right
- 3-4 Step right to right side, Touch left next to right
- 5-6 Step left to left side, Cross right behind left
- 7-8 Step left to left side, Touch right next to left

[33-36] Side touch x 2

- 1-2 Step right to right side, Touch left next to right
- 3-4 Step left to left side, Touch right next to right

Have fun and stay healthy!

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