

Lambada 3000

Count: 56

Wall: 4

Level: Easy Intermediate

Choreographer: Betty Dance (HK) - October 2021

Music: Lambada 3000 - Gregor Salto & Kaoma



Intro : 16 counts

Section 1 (16 steps)

(FORWARD STEP) x 4 , CROSS, RECOVER, SIDE SHUFFLE

1-2-3-4 Forward step L, R, L, R

5-6-7&8 Cross L over R, recover to R, chasse side L, R, L

(BACK STEP) x 4 , CROSS, RECOVER, SIDE SHUFFLE

1-2-3-4 Back step R, L, R, L

5-6-7&8 Cross R over L, recover to L, chasse side R, L, R

Section 2 (16 steps)

(CROSS, SIDE, BACK, SIDE, KICK BALL CHANGE, SIDE SHUFFLE) L & R

1-2-3-4 Cross L over R, step side R, step back L behind R, step side R

5&6-7&8 Kick L forward, L with ball without weight back on floor, replace weight to R, chasse side L, R, L

1-2-3-4 Cross R over L, step side L, step back R behind L, step side L

5&6-7&8 Kick R forward, R with ball without weight back on floor, replace weight to L, chasse side R, L, R

Section 3 (16 steps)

(FORWARD, RECOVER, BACK, RECOVER, SIDE SHUFFLE, BACK, RECOVER) L & R

1-2-3-4 Step forward L, recover R, step back L, recover R

5&6-7-8 Chasse side L, R, L, step R behind L, recover L

1-2-3-4 Step forward R, recover L, step back R, recover L

5&6-7-8 Chasse side R, L, R, step L behind R, recover R

Section 4 (8 counts)

(STEP FORWARD, POINT , REPLACE)x 2, (CROSS, LOCK)x2, CROSS, STEP

1&2-3&4 Step forward L, move R to R side on ball without weight, replace weight to L. Step forward R, move L to L side on ball without weight, replace weight to R

5&6&7-8 (Cross L in front of R, lock R on ball without weight)x2, cross L in front of R, step R next to L

Start all over again!

Be happy & Enjoy Dancing with Betty Dance!