La Bambacha



Count: 56 Wall: 4 Level: Intermediate

Choreographer: Bob Sykes (AUS)

Music: La Bamba - Los Lobos



& STOMP RIGHT TO SIDE, HOLD, LEFT SAILOR, BEHIND, SIDE, IN FRONT, HOLD

&1-2 Lift right foot behind left leg, stomp right to right, hold

Step left behind right, step right to right, left to left (left sailor step)
Step right behind left, left to left, right across in front of left, hold

& STOMP LEFT TO SIDE, HOLD, RIGHT SAILOR, BEHIND, SIDE, IN FRONT, HOLD

&9-10 Lift left foot behind right leg, stomp left to left, hold

Step right behind left, step left to left, right to right (right sailor step)

Step left behind right, right to right, left across in front of right, hold

VINE RIGHT, POINT RIGHT TO SIDE PUSHING HIPS TO RIGHT, HOLD, RIGHT SAILOR STEP

17-20 Vine to right, stepping right to side, left behind right, right to side, left in front of right

21-22 Point right toe to right side pushing hips to right, hold

23&24 Step right behind left, step left to left, right to right (right sailor step)

VINE LEFT POINT LEFT TO SIDE PUSHING HIPS TO LEFT, HOLD, LEFT SAILOR STEP

25-28 Vine to left, stepping left to side, right behind left, left to side, right in front of left

29-30 Point left toe to left side pushing hips to left, hold

31&32 Step left behind right, step right to right, left to left (left sailor step)

ROCK FORWARD, BACK, CHA-CHA 1/2 RIGHT, ROCK FORWARD, BACK, CHA-CHA 3/4 LEFT

The following 8 beats are standard turning cha-cha steps

33-34 Rock/step forward on right, back on left

35&36 Cha-cha turning ½ right

37-38 Rock/step forward on left, back on right

39&40 Cha-cha turning ³/₄ left

STEP, PIVOT ½ LEFT, RIGHT SHUFFLE FORWARD, FORWARD, BACK, COASTER STEP ACROSS

41-42 Step forward on right, pivot ½ turn left, weight on left

43&44 Shuffle forward right-left-right 45-46 Rock/step on left, back on right

47&48 Step back on left, right together., left across right (left coaster step)

STEP & CROSS, STEP & CROSS

Step right to side, rock weight onto left in place, step right across left, hold Step left to side, rock weight onto right in place, step left across right, hold

REPEAT

Finish the dance at 2:13 of the song as it then goes instrumental and is virtually impossible to dance to. You will have completed the dance facing the back wall.