

Dance, Up and Up

Count: 36

Wall: 1

Level: Beginner

Choreographer: Marie H. Sacarello - January 2014

Music: 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!

Contact: my7whiteroses@googlemail.com