

La Bamba Marumba

Compte: 64

Mur: 4

Niveau: Improver

Chorégraphe: Chris

Musique: La Bamba - Borderline



Forward & Backward Mambo Type steps

- 1-4 Step left foot forward, replace weight back onto right foot, slightly close left foot to the side of right foot with weight, hold
- 5-8 Step right foot back, replace weight forward onto left foot, slightly close right foot to the side of left foot with weight, hold

SIDE MAMBO TYPE STEPS TO LEFT THEN RIGHT

- 1-2 Step left foot out to left, replace weight to right foot in place
- 3-4 Close left foot to right with weight, hold
- 5-6 Step right foot out to right, replace weight to left foot in place
- 7-8 Close right foot to left with weight, hold

WEAVE TO THE RIGHT WITH SWAYS RIGHT, LEFT, RIGHT

- 1-4 Step forward and across with left foot, step to the right with the right foot, step across and behind with the left foot, hold
- 5-6 Move weight over right foot (sway), move weight over left foot (sway)
- 7-8 Move weight over right foot (sway), hold
- & Take a small step onto the left foot

WEAVE TO THE LEFT WITH SWAYS LEFT, RIGHT, LEFT

- 1-4 Step forward and across with right foot, step to the left with the left foot, step across and behind with the right foot, hold
- 5-6 Move weight over the left foot (sway), move weight over the right foot (sway)
- 7-8 Move weight over left foot (sway)

SLOW ½ PIVOT TURNS TWICE

- 1-4 Step right forward, hold, turning ½ turn to the left step forward onto left, hold
- 5-8 Step right forward, hold, turning ½ turn to the left step forward onto left, hold

EIGHT COUNT ROCKING CHAIR WITH RIGHT FOOT LEADING

- 1-4 Step right foot forward, replace weight back onto left foot, step right foot back, replace weight forward onto left foot
- 5-8 Step right foot forward, replace weight back onto left foot, step right foot back, replace weight forward onto left foot

TURNING LEFT SAILOR STEPS 2 X ¼ TURNS

- 1-4 Step right foot across behind left, step small step to left with left foot taking ¼ turn left, step small step to right with right foot, hold
- 5-8 Step left foot across behind right, step small step to right with right taking ¼ turn left, step small step to left with left foot, hold

SUGARFOOT STEP RIGHT FOOT WITH ¼ TURN LEFT, SUGARFOOT STEP LEFT FOOT WITH TOUCH

- 1-4 Touch right toe to left instep, turn right foot out, touch right heel to left instep, step down on right foot turning a ¼ turn left, hold
- 5-8 Touch left toe to right instep, turn left foot out, touch left heel to right instep, touch left foot to floor by right foot, without weight, hold

REPEAT

