

Bomba Africa

Compte: 32

Mur: 2

Niveau: Improver

Chorégraphe: Nicole LeBrun (CAN) & Rose-Anne Losier

Musique: La Bomba - King Africa



MAMBO LEFT, MAMBO RIGHT, CROSS SHUFFLE, PIVOT ¼ TURN

- 1&2 Step left to left, rock on to right, step left next to right
3&4 Step right to right, rock on to left, step right next to left
5&6 Step left across right, step right to right, step left across right
7-8 Step right to right, on ball of feet turn ¼ turn left

TOE, TOE, STOMP TWICE (RIGHT, LEFT) RIGHT OUT, LEFT OUT BUMP AND BUMP

- 1&2 Touch right toe slightly to left, touch right toe a little more to left, stomp right foot slightly across left
3&4 Touch left toe slightly to right, touch left toe a little more to right, stomp left foot slightly across right
5-6 Step out with right, step out with left
7&8 Bump hips left, right, left

CROSS HEEL JACK, CROSS HEEL JACK, LIFT RIGHT KNEE UP, DOWN, SKATE LEFT, SKATE RIGHT

- &1&2 Step back on right, cross left foot over right, step back on right, tap left heel forward
&3&4 Step back on left, cross right foot over left, step back on left, tap right heel forward
5-6 Hitch right knee, step right foot down
7-8 Skate left, skate right

SAILOR ¼ TURN, BEHIND & CROSS, KICK OUT-OUT, IN IN, CLAP

- 1&2 Step left behind right, step right to right, step left ¼ left
3&4 Cross right foot behind left, step left foot to left side, cross right foot in front of left
5&6 Kick left foot forward, step left foot out to left side, step right foot out to right side
&7-8 Step left foot to center, step right foot to center, clap

REPEAT
