

Miss Trot La Bamba

COPPERKNOB
STEP SHEETS

拍数: 72 墙数: 1 级数: Phrased Improver
编舞者: Kang Hyo Choi (KOR) - May 2019
音乐: La Bamba (라밤바) - Jung Mi Ae (정미애)



Intro: 32 counts

Sequence: AAA, B, CCCC, Tag1, DD, A, B, CCCC, Tag2, DD, Tag3, EEEE

With Various and Creative Hand Gestures.

Part A: 16 Counts

SEC 1 : Vine R Touch, Vine L Touch,

1-2 Step RF to right side, Step LF behind RF
3-4 Step RF to right side, Touch LF next to RF
5-6 Step LF to left side, Step RF behind LF
7-8 Step LF to right side, Touch RF next to LF

SEC 2: Rocking Chair X2

1-2 Rock RF forward, Recover LF
3-4 Rock RF back, Recover LF
5-6 Rock RF forward, Recover LF
7-8 Rock RF back, Recover LF

Part B: 16 Counts

SEC 1: Hip Bump R, L, R, L, R, L, R,L

1-8 Hip Bumping R, L, R, L, R, L, R

SEC 2: R, L Step Touch, Sway R,L,R,L

1-2 Step RF to right side, Touch LF to left side
3-4 Step LF to left side, Touch RF to right side
5-8 Sway right, left, right, left

Part C: 8 Counts

SEC 1: L Hip Bumpx4, , Jazz box turn 1/4 to left

1-4 L Hip bumping x4
5-6 Step LF cross over RF, Step RF back 1/4 turn left
7-8 Step LF to left side, Step RF forward

Part D : 16 Counts

SEC 1: R Side Together, Side Touch, L,R Step Touch

1-2 Step RF to right side, Step LF next to RF
3-4 Step RF to right side, Touch LF next to RF
5-6 Step LLF to right side, Touch RF to right side
7-8 Step RF to right side, Touch LF to left side

SEC 2: L Side Together, Side Touch, , R,L Step Touch

1-2 Step LF to right side, Step RF next to LF
3-4 Step LF to right side, Touch RF next to LF
5-6 Step RF to right side, Touch LF to left side
7-8 Step LF to right side, Touch RF to right side

Part E : 16 Counts

SEC 1: Shoulder Shimmy,

1-4 Forward Shoulder Shimmy

5-8 Back Shoulder Shimmy

SEC 2: Charleston Step x2

1-2 Step RF forward, Hitch LF forward

3-4 Step LF back, Touch RF Back

5-6 Step RF forward, Hitch LF forward

7-8 Step LF back, Touch RF Back

Tag 1 : 4 Counts

1-2 Point RF next to LF, Hold

3-4 Hitch RF, Hold

Tag 2 : 16 Counts x 2

SEC 1: Vine R Turn 1/4 R Touch , Vine L Touch

1-2 Step RF to right side, Step LF behind RF

3-4 Step RF turn 1/4 to right side, Touch LF next to RF

5-6 Step LF to left side, Step RF behind LF

7-8 Step LF to left side, Touch RF next to LF

SEC 2 : Forward Touch, Side touch, Forward Touch, Side Step

1-2 Touch RF diagonally forward, , Touch RF to right side

3-4 Touch RF diagonally forward, , Step RF to right side

5-6 Touch LF diagonally forward, , Touch LF to left side ,

7-8 Touch LF diagonally forward, , Step LF to left side

Tag 3: 8 Counts

1-2 Point RF next to LF, Hold

3-4 Hitch RF, Hold

5-8 Walk 1/2 Turn to right RF,LF,RF,LF

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