

La Bamba

拍数: 56 墙数: 4 级数: Beginner
编舞者: Marchy Susilani (HK) - July 2019
音乐: La Bamba - Los Lobos



Intro : 8 Counts

Sec 1 : Forward lookstep hold (R, L)

1-4 Step forward on R step L behind R step forward on R, hold
5-8 Step forward on L, step R behind L, step forward on L, hold

Sec 2 : Forward, pivot ½ L, forward pivot ½ L

1-4 Step forward on R pivot ½ left, step forward on R, hold
5-8 Step forward on L pivot ½ right, step forward on L, hold

Sec 3 : Rock forward back (Mambo), rock back, forward

1-4 Rock forward on R, recover on L, step back on R, hold
5-8 Rock back on L, recover on R, step forward on L, hold

Sec 4 : Scissor step

1-4 Step R to right side, step L next to R, cross R over L, hold
5-8 Step L to left side, step R next to L, cross L over R, hold

Sec 5 : Vine right, side rock, cross

1-4 Step R to right side, step L behind R, step R to side, cross L over R
5-8 Rock side on R, recover on L, cross R over L, hold

Sec 6 : Side rock forward ¼ right hold, forward, lock, hold

1-4 Rock side on L, recover on R, step forward on L ¼ right, hold
5-8 Step forward on R, step L behind R, step forward on R, hold

Sec 7 : Rock side, close L, R

1-4 Rock side on L, recover on R, step L next to R, hold
5-8 Rock side on R, recover on L, touch R next to L, hold

Restart W5 (16 C) (12:00)

Have fun.