

Lambada

拍数: 56 墙数: 1 级数: Phrased Intermediate
编舞者: Lewis Lee (CAN) - August 2019
音乐: Lambada - Kaoma



Sequence: AB, AB, AB, Tag, B, AB, Tag, B, Ending 64c
Intro: 8 Counts from start of track

Part A (24 counts)

S1 Fwd-Rock-Back, Back-Rock-Fwd, Fwd, 1/2L, Fwd, 1/2L, Swivel (R, L, R, L)

1&2 Rock Fwd on R ball, Recover on L, Step Back on R (use your hips)
3&4 Rock Behind on L ball, Recover on R, Step Fwd on L (use your hips)
5-6 Step Fwd on R, Pivot ½ turn L with Hip Roll
7-8 Step Fwd on R, Pivot ½ turn L with Hip Roll
9-10 Step R Next to L with Bended Knee and Swivel Hips R, Swivel Hips L with Bended Knee
11-12 Swivel Hips R with Knee Straighten up Gradually, Swivel Hips L with Knee Straighten up

S2 Fwd-Rock-Back, Back-Rock-Fwd, Fwd, 1/2L, Fwd, 1/2L, Swivel (R, L, R, L)

1-12 Repeat Section 1 of Part A

Part B (32 counts)

S1 Cross & Cross, Side, Recover, Cross & Cross, Side, Recover

1&2 Cross R Ball Over L, Step L to L Side, Cross R Ball Over L
3-4 Step L to L Side, Recover on R
5&6 Cross L Ball Over R, Step R to R Side, Cross L Ball Over R
7-8 Step R to R Side, Recover on L

S2 Fwd-1/4L x4, Hip Bump Downward x4

1&2& Step Fwd on R, Pivot 1/4 turn L with Hip Roll, Step Fwd on R, Pivot 1/4 turn L with Hip Roll (6:00)
3&4& Step Fwd on R, Pivot 1/4 turn L with Hip Roll, Step Fwd on R, Pivot 1/4 turn L with Hip Roll (12:00)
5&6& Touch R Ball slightly Fwd with Hip Bump Downward, Recover up on L, Hip Bump Downward on R, Recover up on L
7&8 Hip Bump Downward on R, Recover up on L, Hip Bump Downward on R

S3 R Lambada Basic, L Lambada Basic, R Lambada Basic, L Lambada Basic

&1&2 Lift up R Hip while Recover up on L, Big Step Out on R, Step Out on L, Step Out on R
&3&4 Lift up L Hip, Big Step Out on L, Step Out on R, Step Out on L (Option: 1/2R with L Lambada Basic)
&5&6 Lift up R Hip, Big Step Out on R, Step Out on L, Step Out on R
&7&8 Lift up L Hip, Big Step Out on L, Step Out on R, Step Out on L (Option: 1/2R with L Lambada Basic)

S4 Samba-Cross x3, Cross-Kick, Samba-Cross x3, Cross-Kick

&1&2 Cross R Ball Over L, Step L Slightly Side L, Cross R Ball Over L, Step L Slightly Side L
&3&4 Cross R Ball Over L, Step L Slightly Side L, Cross R Ball Over L, Kick L Diagonal L
&5&6 Cross L Ball Over R, Step R Slightly Side R, Cross L Ball Over R, Step R Slightly Side R
&7&8 Cross L Ball Over R, Step R Slightly Side R, Cross L Ball Over R, Kick R Diagonal R

Tag (16 counts)

S1 Diagonal Fwd with R Lambada Basic, Return Back with L Lambada Basic, x2(Diagonal R, L)

&1&2 Lift up R Hip, Diagonal Fwd R Stepping Out R, Step Out on L, Step Out on R (1:30)

&3&4 Lift up L Hip , Step Back Out on L, Step Out on R, Step Out on L (12:00)
&5&6 Lift up R Hip , Diagonal Fwd L Stepping Out R, Step Out on L, Step Out on R (10:30)
&7&8 Lift up L Hip , Step Back Out on L, Step Out on R, Step Out on L (12:00)

S2 Diagonal Fwd with R Lambada Basic, Return Back with L Lambada Basic, x2(Diagonal R,L)

1-8 Repeat Section 1 of Tag

Ending (64 counts):

Dance The Section 1 of Tag (8 counts), Plus The Following Shuffle Turns (8 counts)

&1&2 1/4R Lift up R Hip , Step R Fwd, Step L Next To R, Step R Fwd (3:00)
&3&4 1/4R Lift up L Hip , Step L to L Side, Step R Next to L, Step L to L Side (6:00)
&5&6 1/4R Lift up R Hip , Step R Fwd, Step L Next To R, Step R Fwd (9:00)
&7&8 Lift up L Hip , Step L Fwd, Step R Next To L, Step L Fwd (9:00)

Then, repeat these 16 counts (x3 more times), End Facing 12:00

Have Fun!

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