

Lambarena

拍数: 56 墙数: 1 级数: Phrased Intermediate Lambada
编舞者: Daniel Chen (AUS) - February 2020
音乐: Chorando Se Foi - Márcia Ferreira



INTRO: 8 Counts - Small steps in place with hip action
SEQUENCE: AB AB AB Tag B AB Tag B Tag

PART A – 24 Counts (12 Count routine danced in two directions)

A. 1 BASIC STEPS, BASIC STEPS WITH ½ TURN

1&2 Step R to side, step L in place, step R in place and lift L foot off floor
3&4 Step in place L, R, L and lift R foot off floor
5&6 Step in place R, L, R and pivot ½ to R while lifting L [6:00]
7&8 Step in place L, R, L and pivot ½ to R while lifting R [12:00]

A. 2 BASIC STEP, STEP, CLOSE

1&2 Step in place R, L, R and lift L off floor
3-4 Step L in place, step R NEXT to L and lift L off floor.

For A.3 and A.4. Just repeat A.1 and A.2, but change the Left and Right steps.

A.3 BASIC STEPS, BASIC STEPS WITH ½ TURN

1&2 Step L to side, step R in place, step L in place and lift R off floor
3&4 Step in place, R, L, R and lift L off floor
5&6 Step in place, L, R, L and pivot ½ to L while lifting R [6:00]
7&8 Step in place R, L, R and pivot ½ to L while lifting R [12:00]

A. 4 BASIC STEP, STEP, CLOSE

1&2 Step in place, L, R, L and lift R off floor
3-4 Step R in place, step L NEXT to R and lift R off floor.

PART B – 32 Counts (16 Count routine danced in two directions)

B. 1 SWAY R & L, BASIC, BASIC WITH ¼ TURN L

1-2 Step R to side and swing hip back and out to R, straighten body and hip.
3-4 Step L to side and swing hip back and out to L, straighten body and hip.
5&6 Step in place R, L, R and lift L off floor.
7&8 Step in place L, R, L and pivot ¼ to L while lifting R [9:00]

B. 2 HIP TURNS TO LEFT x3, STEP

1-2 Step R forward (toe) and turn ¼ to L, step L in place [6:00]
3-4 Step R forward (toe) and turn ¼ to L, step L in place [3:00]
5-6 Step R forward (toe) and turn ¼ to L, step L in place [12:00]
7-8 Step R next to L

For B.3 and B.4 just repeat B1 and B2 but reverse the Left and Right steps.

B. 3 SWAY L & R, BASIC, BASIC WITH ¼ TURN R

1-2 Step L to side and swing hip back and out to L, straighten body and hip.
3-4 Step R to side and swing hip back and out to R, straighten body and hip.
5&6 Step in place L, R, L and lift R off floor.
7&8 Step in place R, L, R and pivot ¼ to R while lifting L off floor [3:00].

B. 4 HIP TURNS TO RIGHT x3, STEP

1-2 Step L forward (toe) and turn ¼ to R, step R in place [6:00]
3-4 Step L forward (toe) and turn ¼ to R, step R in place [9:00]

5-6 Step L forward (toe) and turn ¼ to R, step R in place [12:00]
7-8 Step L next to R

TAG – 16 Counts

1,2,3&4 Rock R fwd, recover onto L, step R beside L, step L in place, step R in place

5,6,7&8 Rock L fwd, recover onto R, step L beside R, step R in place, step L in place

1,2,3&4 Rock R to side, recover onto L, step R beside L, step L in place, step R in place

5,6,7&8 Rock L to side, recover onto R, step L beside R, step R in place, step L in place

ENDING – Small steps in place with hip action

NOTE

Lambada steps can be counted Quick Quick Slow. The Slow count involves lifting a foot up slightly. The knees are slight bent and most steps are taken with the ball of foot or toes.

The dance will not work with the more popular version of this music (Kaoma – Laolwa Braz) because it has an irregular pattern in the melody and rhythm beats. This version by the original singer of this portuguese version, Márcia Ferreira, must be used. If necessary to make the dance even easier, the music can be slowed down safely by up to 6%, i.e. 26 BPM (or 104 bpm).

Last Update - 18 Feb. 2020-R2
