

# La Bamba 3x

拍数: 32      墙数: 4      级数: Low Improver  
编舞者: Heru Tian (INA) - August 2020  
音乐: La Bamba 2k13 (feat. Jota-Efe) - DJ R'AN



No Tag, 5 Restarts

Intro : 32 Counts

\*Restart At Wall 2(24), 5(8), 7(24), 10(8), 12(24)

## Section 1 : Pivot ½ Turn L- Step Lock Step- Rock Fwd- Recover- Coaster Step

1-2            Step Fwd (Rf), ½ Turn L (Lf) Facing 6.00

3&4           Step (Rf), Lock (Lf), Step (Rf)

5-6           Rock Fwd (Lf), Recover (Rf)

7&8           Back (Lf), Together (Rf), Fwd (Lf)

\*Restart At Wall 5 & 10 After 8c

## Section 2 : Pivot ¼ Turn L- Cross Shuffle- Siderock- Recover- Cross- Touch

1-2            Step Fwd (Rf), ¼ Turn L (Lf) Facing 3.00

3&4           Cross (Rf), Together (Lf), Cross (Rf)

5-8           Siderock (Lf), Recover (Rf), Cross (Lf) Front Rf, Touch (Rf)

## Section 3 : Side- Together- Back Lock Back- Side- Together- Side Shuffle

1-2            Side (Rf), Together (Lf)

3&4           Back (Rf), Lock (Lf), Back (Rf)

5-6           Side (Lf), Together (Rf)

7&8           Side (Lf), Together (Rf), Side (Lf)

\*Restart At Wall 2, 7, And 12 After 24c

## Section 4 : Crossrock- Recover- Side- Together- Shimmy- Touch- Shimmy- Touch

1-2            Crossrock (Rf), Recover (Lf)

3-4           Side (Rf), Together (Lf)

5-8           Shimmy Side (Rf), Touch (Lf), Shimmy Side (Lf), Touch (Rf)