

# La Bamba

拍数: 72                      墙数: 2                      级数: Low Intermediate  
编舞者: Nina Chen (TW) & Mei Sze Chin (MY) - November 2020  
音乐: La Bamba 2k13 (feat. Jota Efe) - Ran



Intro: 32 counts - SOD: 56, 72, 56, 72, 56, 32

**S1: SIDE - TOGETHER, R CHASSE , L ROCKING CHAIR TO R DIAGONAL, ROCK - RECOVER - SIDE**

1-2, 3&4            Step RF to R - Step LF beside RF, Step RF to R - Step LF beside RF - Step RF to R  
5&6&, 7&8        Rock LF to R diagonal fwd - Recover on RF - Rock LF back - Recover on RF, Rock LF to R  
diagonal fwd - Recover on RF - Step LF to L

**S2: CROSS - SIDE, BEHIND - SIDE - CROSS, SIDE ROCK - 1/4 R RECOVER, FWD SHUFFLE**

1-2, 3&4            Cross RF over LF - Step LF to L, Cross RF behind LF - Step LF to L - Cross RF over LF  
5-6, 7&8            Rock LF to L - 1/4 turn R (3:00) recover on RF, Fwd shuffle (L R L)

**S3: (R & L) MAMBO CROSS, FWD MAMBO, BACK MAMBO**

1&2, 3&4            Rock RF to R - Recover on LF - Cross RF over LF, Rock LF to L - Recover on RF - Cross LF  
over RF  
5&6, 7&8            Step RF fwd - Recover on LF - Step RF back, Step LF back - Recover on RF - Step LF fwd

**S4: FWD - PIVOT 1/4 L, CROSS SHUFFLE, 1/4 R BACK - 1/4 R SIDE, FWD SHUFFLE**

1-2, 3&4            Step RF fwd - Pivot 1/4 turn L (12:00) weight on LF, Cross shuffle (R L R)  
5-6, 7&8            1/4 turn R (3:00) step LF back - 1/4 turn R (6:00) step RF to R, Fwd shuffle (L R L)

**S5: R CROSS - L CROSS - BACK - FLICK, (R & L) CORSS MAMBO**

1-4                    Cross RF over LF - Cross LF over RF - Step RF back - Flick RF to R  
5&6, 7&8            Cross RF over LF - Recover on LF - Step RF to R, Cross LF over RF - Recover on RF - Step  
LF to L

**S6: FWD MAMBO, COASTER, R DIAGONAL FWD SHUFFLE, 1/4 L FWD SHUFFLE**

1&2, 3&4            Step RF fwd - Recover on LF - Step RF back, Step LF back - Step RF beside LF - Step LF  
fwd  
5&6, 7&8            Fwd shuffle (R L R) to R diagonal, 1/4 turn L (3:00) fwd shuffle (L R L)

**S7: CROSS - 1/4 R BACK, BACK SHUFFLE, BACK ROCK - RECOVER, FWD SHUFFLE**

1-2, 3&4            Cross RF over LF - 1/4 R (6:00) step LF back, Back shuffle (R L R)  
5-6, 7&8            Rock LF back - Recover on RF, Fwd shuffle (L R L)

**S8: FWD - RECOVER, OUT - OUT - IN - IN, FWD - PIVOT 1/4 L.(x2)**

1-2, &3&4            Step RF fwd - Recover on LF, Step RF to R - Step LF to L - Step RF back to center - Step LF  
beside RF  
5- 8                    Step RF fwd - Pivot 1/4 turn L (3:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (12:00)  
weight on LF

**S9: FWD - PIVOT 1/4 L.(x2),(R & L) DOUBLE HIPS BUMP**

1-4                    Step RF fwd - Pivot 1/4 turn L (9:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (6:00)  
weight on LF  
5&6, 7&8            Double Bump hips to R, Double Bump hips to L

Have Fun & Happy Dancing !!!

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