

La Bomba

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jesus Pacheco (AUS) - February 2022
音乐: La Bomba - Ricky Martin



No Tag No Restart

Intro: 12 Count

S1. SALSA ROCK STEP, SCUFF CROSS & PIVOT TURN TO L

1&2 Step Fwd L, Recover R, Step Back L next to R
3&4 Step Back R, Recover L, Scuff R
5&6 R to R side, ¼ Turn L to L, Step Fwd R (9:00)
7-8 ½ Pivot Turn L to L, Step Fwd R (3:00)

S2. SIDE ROCKS & SHUFFLE STEPS

1&2 L to L Side, Recover R, L Beside R
3&4 R to R Side, Recover L, R cross behind L
5&6& Shuffle Fwd L R L, ½ pivot turn to R (9:00)
7&8 Shuffle Fwd R L R

S3. ENHANCED CRISS CROSS STEPS, MONTEREY TURN, SUSSIE Q

1&2& Fwd L Heel, Recover L Beside R. Fwd R Heel, Recover R Beside L
3&4& L to L side, Recover L Beside R, ¼ Monterey Turn R Side to R (12:00)
5&6 Susie Q- L R L
7&8 Susie Q- R L R

S4. JIVE TOE HEEL SWIVEL, PADDLE FULL TURN

1&2 Toe Heel Swivel L (R on floor)
3&4 Toe Heel Swivel R (L on floor)
5-8& Paddle full turn L to R, (R on floor)(12:00), ¼ Promenade Turn R to R (3:00)

NOTE: R Stands for RF and L Stands for LF (Right or Left Foot). Otherwise, L Side or R Side and L or R Hip Bumps are different.

Stay Fit, Keep on Groovin' and Live a Healthier Life. Enjoy guys, ALWAYS!!!

Best regards, Jesus Pacheco – Sydney Australia

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