

Lambada 2023

COPPER KNOB
STEPSHEETS

拍数: 104 墙数: 1 级数: Phrased Improver
编舞者: Hee Yon Kim (KOR) - May 2023
音乐: Lambada - Kaoma



Sequence AAB AAB ACC

*1 Restart

SEQ: A (56c) A (56c) B (16) A (32) Restart A (56) B(16) A (32)C (32) C (32)

*****part A (56) *****

sec1 Lambada step side chases Right, , Left *****

1-2 Rf to R side With Hip Sway , LF in Place with Hip sway
3&4 Rf to R side , together , Rf to R side
5-6 Lf to L side With Hip Sway , RF in Place with Hip sway
7&8 Lf to R side , together , Lf to R side

sec2 Turn 1/4 L Rf fwd(x2) Rf Rock cross over Lf, Recover Lf , Rf to R side , together , Rf to R side

1-2 Rf fwd ,Turn 1/4 L
3-4 Rf fwd ,Turn 1/4 L
5-6 Rf Rock cross over Lf, Recover Lf
7&8 Rf to R side , together , Rf to R side

sec3 samba step , cross shuffle, Lf Fwd , 1/4pivot Turn 1|4(x2), touch

1&2 Lf cross over Rf , Rf to R side, Recover Lf
3&4 Rf cross over Lf , Lf to L side, Rf cross over Lf
5-6. Lf Fwd , Turn 1/4 Lrecovet on R
7-8 Lf Fwd , Turn 1/4 L touch Rf on R

Sec4 samba step (R/L), back samba (L/R)

1&2 Rf cross over Lf , Lf to L side , Recover Rf
3&4 Lf cross over Rf , Rf to R side , Recover Lf
5&6 Rf back , Lf to L side , Recover Rf
7&8 Lf back , Rf to R side , Recover Lf

Sec 5 RoLLing Vine Touch (R-L)

1-2 turn 1/4 Right Rf fwd , Turn 1/2 Right Lf back
3-4 turn 1/4 Right Rf to R side , Lf touch next Rf
5-6 turn 1/4 Left Lf fwd , Turn 1/2 Left Rf back
7-8 turn 1/4 Left Lf to L side , Rf touch next Lf

Sec6 Diagonal skate R/L , Diagonal Rf shuffle , Diagonal skate L/R , Diagonal Lf shuffle

1-2 Diagonal skate R/L
3&4 Diagonal Rf fwd , Lf next to Rf, Rf Fwd
5-6 Diagonal skate L/R
7&8 Diagonal Lf fwd , Rf next to Lf , Lf Fwd

sec 7 Rf back ,Lf fwd touch while hip bump ,Lf back , Rf Fwd touch while hip bump (x2)

1-2 Rf back ,Lf fwd touch while hip bump
3-4 Lf back , Rf Fwd touch while hip bump
5-6 Rf back ,Lf fwd touch while hip bump
7-8 Lf back , Rf Fwd touch while hip bump

******* part B (16)*******

sec1 Rf in place , Lf in place, Scuff the Lf while shifting weight to the Rf with Turn 1/4 L, Lf in place ,Rf in place, Scuff the Rf while shifting weight to the Lf with Turn 1/4 L(x2)*****

- 1&2 Rf in place , Lf in place, Scuff the Lf while shifting weight to the Rf with Turn 1/4 L
- 3&4 Lf in place , Rf in place, Scuff the Rf while shifting weight to the Lf with Turn 1/4 L
- 5&6 Rf in place , Lf in place, Scuff the Lf while shifting weight to the Rf with Turn 1/4 L
- 7&8 Lf in place , Rf in place, Scuff the Rf while shifting weight to the Lf with Turn 1/4 L

sec 2

- 1-2 Rf to R side, together
- 3&4 Rf to R side, together , Rf to R side
- 5-6 turn 1/4 Left Lf to L side, together
- 7&8 Lf to L side, together , Lf to L side

******* part C (32) *******

sec 1 Rf in place , Lf in place, Scuff the Lf ,Lf in place , Rf in place, Scuff the Rf (x2) samba step (x2) *****

- 1&2 Rf in place , Lf in place, Scuff the Lf
- 3&4 Lf in place , Rf in place, Scuff the Rf
- 5&6 Rf cross over Lf , Lf to L side , Recover Rf
- 7&8 Lf cross over Rf , BRf to R side , Recover Lf

sec2 Forward , Beside 1/8 Turn Right (X4) Forward , Beside 1/4 Turn Left (x3)

- 1&2& 1/8 Turn Right Rf fwd, Lf beside, 1/8 Turn Right Rf fwd, Lf beside R
- 3&4 1/8 Turn Right Rf fwd , Lf beside R , 1/8 Turn Rf Fwd
- 5&6& Lf fwd, RF beside, 1/4 Turn Left Lf fwd, Rf beside L
- 7&8 1/4 Turn Left Lf fwd, Rf beside L, 1/4 Turn Left Lf fwd,

sec 3 same as section 1 in part C*****

- 1&2 Rf in place , Lf in place, Scuff the Lf
- 3&4 Lf in place , Rf in place, Scuff the Rf
- 5&6 Rf cross over Lf , Lf to L side , Recover Rf
- 7&8 Lf cross over Rf , Rf to R side , Recover Lf

sec4 same as section 2 in part C*****

- 1&2& 1/8 Turn Right Rf fwd, Lf beside, 1/8 Turn Right Rf fwd, Lf beside R
- 3&4 1/8 Turn Right Rf fwd , Lf beside R , 1/8 Turn Rf Fwd
- 5&6& Lf fwd, RF beside, 1/4 Turn Left Lf fwd, Rf beside L
- 7&8 1/4 Turn Left Lf fwd, Rf beside L, 1/4 Turn Left Lf fwd,

******* thank you for watching*******

******* enjoy the dance*******

Last Update: 4 May 2023
