

# Lambada 2023

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

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