

Lambada 24

拍数: 48 墙数: 4 级数: Improver
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音乐: Kaoma - Lambada (Remix) / English Version



Intro : 32 Count

Tag 1 : 4 Count After Wall 5

Tag 2 : 8 Count After Wall 6 (Repeat Section 6)

Section 1 Cross, Touch, Botafogo

1 2 Cross Touch RF Toe Over LF (1), Touch LF Toe To L (2)
3&4 Cross RF Over LF (3), Rock LF Ball To L (&), Recover Onto RF(4)
5 6 Cross Touch LF Toe Over RF (5), Touch LF Toe To L (6)
7&8 Cross LF Over RF (7), Rock RF Ball To R (&), Recover Onto LF(8)

Section 2. Cross Rock, Chasse, Pivot, Shuffle

1 2 Cross Rock RF to R (1), Recover Onto LF (2)
3&4 Step RF to R (3), Closed LF next to RF (&), Step RF To R
5 6 Step LF to Fwd (5), Turn ½ R Weight RF(6)
7&8 Step LF Fwd (7), Closed RF Next To Laf (&), Step LF Fwd (8) (06:00)

Section 3 Charleston, Forward, Touch

1 2 3 4 Step RF Fwd (1), Kick LF Fwd (2), Step LF Back (3), Hook RF Cross LF (4)
5 6 7 8 Step RF Fwd (5), Touch LF Next To RF (6) Step LF Back (7), Touch RF Next to LF (8)

Section 4 Pivot

1 2 3 4. Step RF Fwd (1), Turn ¼ L with Hip Roll Weight On LF (2) (03:00), Step RF Fwd (3), Turn ¼ L With Hip Roll Weight On LF (4) (12:00)
5 6 7 8 Step RF Fwd (5), Turn 1/8 L with Hip Roll Weight On LF (6) (10:30), Step RF Fwd (7), Turn 1/8 L With Hip Roll Weight On LF (7) (09:00)

Section 5 Cross, Point, Rocking Chair

1 2 3 4 Cross RF Over LF(1), Touch LF Toe To L (2), Cross LF Over RF (3), Touch RF To R(4)
5 6 7 8. Rock RF Fwd (5), Recover Onto LF (6), Step RF Back (7), Recover Onto LF RF (8)

Section 6 Rock Fwd, Shuffle, Back Rock, Shuffle

1 2 Rock RF Fwd, Recover Onto LF (1), Recover Onto RF (2)
3&4 Step RF Fwd Turning ½ R (3), Closed LF Next To RF (&), Step RF Fwd (4) (03:00)
5 6 Rock LF Fwd, Recover Onto RF (5), Recover Onto RF (2)
3&4 Step LF Fwd Turning ½ L (7), Closed RF Next To LF (&), Step LF Fwd (4) (09:00)

TAG 1 : Sway

1 2 3 4 Step RF to R With Swaying To R (1), Sway L/R/L

TAG 2 : Rock Fwd, Shuffle, Back Rock, Shuffle

1 2 Rock RF Fwd, Recover Onto LF (1), Recover Onto RF (2)
3&4 Step RF Fwd Turning ½ R (3), Closed LF Next To RF (&), Step RF Fwd (4)
5 6 Rock LF Fwd, Recover Onto RF (5), Recover Onto RF (2)
3&4 Step LF Fwd Turning ½ L (7), Closed RF Next To LF (&), Step LF Fwd (4)

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