

Para Bailar La Bamba 2024

COPPERKNOB
BYEPOSTETS

拍数: 56 墙数: 2 级数: Beginner
编舞者: Adelaine Ade (INA) - November 2024
音乐: La Bamba 2k13 (feat. Jota Efe) - Ran



2x Tag (on wall 3 & wall 6 after section 1)

S1, WALK (R L), SHUFFLE FORWARD, ROCK RECOVER, BACK SHUFFLE

1 2 Step fwd R, step fwd L
3 & 4 Step R fwd, step L beside R, step R fwd
5 6 Step L fwd, recover on R
7 & 8 Step back L, step R beside L, step L back

S2. BACK LOCK SHUFFLE (R L R L)

1 & 2 R Step back behind L, step L cross over R, step R back
3 & 4 L step back behind R, Step R cross over L, step L back
5 & 6 R Step back behind L, step L cross over R, step R back
7 & 8 L step back behind R, Step R cross over L, step L back

S3. SIDE, RECOVER, CLOSE, SIDE, RECOVER, CLOSE, SIDE, RECOVER

1 2 3 4 Rock R to R side, Recover L, step R beside L, step L to L side
5 6 7 8 Recover R, step L beside R, step R to R side, rock on L

S4. JAZZ BOX ¼ TURN R (2X)

1 2 Cross-step RF over Left, ¼ turn R step back on LF
3 4 RF stepping to Right on Right foot, step fwd on LF
5 6 Cross-step RF over Left, ¼ turn R step back on LF
7 8 RF stepping to Right on Right foot, step fwd on LF

S5. WALK FORWARD, SHUFFLE (R L)

1 2 Diagonal walk R to Right , step L next to R
3 & 4 Step R fwd, step L next to R, step R fwd
5 6 Diagonal walk L to left, step R next to R
7 & 8 Step L fwd, step R next to L, step L fwd

S6. TOUCH FORWARD 2X, TOUCH SIDE 2X, TOUCH FORWARD, TOUCH SIDE, R COUSTER STEP

1 2 3 4 Touch R toe fwd twice, touch R to R side twice,
5 6 7&8 Touch R toe fwd, touch R to R side, step R to back, step L next to R, step R fwd

S7, TOUCH FORWARD 2X, TOUCH SIDE 2X, TOUCH FORWARD, TOUCH SIDE, L COUSTER STEP

1 2 3 4 Touch L toe fwd twice, touch L to L side twice,
5 6 7&8 Touch L toe fwd, touch L to L side, step L to back, step R next to L, step L fwd

Tag 8C (on wall 3 & wall 6 after section 1)

SWAY R L R L, PIVOT FULL TURN

1 2 3 4 Sway R L R L
5 6 7 8 Step Forward Right, Pivot 1/2 turn left onto Left, Step Forward Right, Pivot 1/2 turn left onto Left

Thank you for checking out my dance.....
adea814.aa@gmail.com

