

# Lambada

拍数: 56      墙数: 2      级数: Improver  
编舞者: Angela (KOR) - March 2025  
音乐: Lambada - Kaoma



Intro : 8 Counts

\*1 Tag, 2 Restarts

SEQ: 56/ 56/ 56/ 48/ 56/ 48/ Tag / 56

\* 1 Tag (4 Count) After Wall 8 (12:00)

Hip Sway 1-2-3-4 (R,L,R,L)

\*\*2 Restarts: (Sections 1,2,3,4,6,7) After Wall 3, 6 (6:00)

## 1) Double Cuban

1&2&      RF Cross rock , recover LF, RF to side, recover LF  
3& 4      RF Cross rock , recover LF, RF slightly forward  
5&6&      LF Cross rock , recover RF, LF to side, recover RF  
7& 8      LF Cross rock , recover RF, LF slightly forward

## 2) Side, Together ,Side Mombo

1-2      RF Side to right, Together Lf to RF  
3&4      RF Side to right ,Recover L, Together Rf to LF  
5-6      LF Side to left, Together RF next to LF  
7&8      LF Side to leftt ,Recover RF, Together Lf to RF

## 3) Side Rock Recover, Cross Shuffle

1-2      RF side rock , recovfer LF 3&4 Cross shuffle to left crossing in front  
5-6      LF side rock , recovfer RF 7&8 Cross shuffle to right crossing in front

## 4) Pivot 1/4 Turn, Cross Shuffle, Side Rock, 1/4 Turn Sailor

1-2      RF fwd walk, left 1/4 turn 3&4 Cross shuffle to left crossing in front  
5-6      LF fwd walk, right 1/4 turn 7&8 LF behine Right While Turning, 1/4 turn RF out LF out

## 5) Rolling Vine Turn

1-2-3-4      1/4turn RF Fwd, 1/2 LF Back, 1/4turn RF to R, Touch LF to R  
5-6-7-8      1/4turn LF Fwd, 1/2 RF Back, 1/4turn LF to L, Touch RF to L

## 6) Forward Rock, Back Shuffle, Side Rock, Coster

1-2      RF Fwd rock, recover LF  
3&4      RF bwd, LF beside RF, RF bwd  
5-6      LF side rock recover RF  
7&8      LF bwd, RF beside left, RF Fwd

## 7) Pivot 1/2 Turn, 1/2 Turn Back Shuffle, Side Rock, Side Shuffle

1-2      RF Fwd walk, pivot 1/2turn left  
3&4      1/2 turn step R forward, step L beside lright, step R backward  
5-6      LF side rock , recover RF  
7&8      LF side ,together RF, side LF

\* 1 Tag (4 Count) After Wall 8 (12:00)

Hip Sway 1-2-3-4 (R,L,R,L)

\*\*2 Restarts: (Sections 1,2,3,4,6,7) After Wall 3, 5 (6:00)

Have fun dancing~~~♡♡♡

Last Update: 17 Mar 2025

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