

La Bamba

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Phil Dennington (UK)
音乐: La Bamba - Ritchie Valens



HIP SWINGS WITH KNEE POPS, MODIFIED MONTEREY TURN

- 1 Step forward right swinging hips forward, and pop left knee
- 2 Swing hips back onto left leg, pop right knee
- 3 Swing hips forward onto right leg, pop left knee
- 4 Swing hips back onto left leg, pop right knee
- 5-6 Step forward right, touch left to left side
- 7-8 On ball of right, pivot ½ turn left, touch right beside left

BACK SLIDES, WITH KNEE POPS, STEP ¼ TURN RIGHT

- 9 Touch right toe forward
- 10 Slide right foot back (taking weight) and pop left knee
- 11 Slide left foot back (taking weight) and pop right knee
- 12 Slide right foot back (taking weight) and pop left knee
- 13 Slide left foot back (taking weight) and pop right knee
- 14 Step forward on right
- 15-16 Step forward left, pivot ¼ turn right

RATTLESNAKE TURNS, TRAVELING FORWARD DIAGONALLY LEFT

- 17-18 Step forward on right pivot ¼ left swinging hips right
- 19-20 Step forward on left pivot ¼ right swinging hips left
- 21-22 Step forward on right pivot ¼ left swinging hips right
- 23-24 Step forward on left pivot ¼ right swinging hips left

LATIN WIGGLE TRAVELING RIGHT

- 25-26 Step right to right side at the same time hitching left leg (angle body right), step left in place (angle left)
- 27-28 Step right to right side at the same time hitching left leg (angle body right), step left in place (angle left)
- 29-30 Step right to right side at the same time hitching left leg (angle body right), step left in place (angle left)
- 31-32 Step right to right side at the same time hitching left leg (angle body right), touch left beside right (facing front)

WEAVING LEFT, MODIFIED MONTEREY TURN, SIDE ROCK

- 33-34 Step left to left side, cross right behind left
- 35-36 Step left to left side, cross right in front of left
- 37-38 Touch left toe to left side, pivot ½ turn left
- 39-40 Rock right, rock left

MODIFIED MONTEREY TURN, STEP CROSS, UNWIND ½ LEFT

- 41-42 Cross right in front of left, step left to left side
- 43-44 Cross right in front of left, touch left toe to left side
- 45-46 Pivot ½ turn left, step right to right side
- 47-48 Cross left behind right, unwind ½ left (taking weight onto left)

REPEAT

