

La Bambacha

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Bob Sykes (AUS)
音乐: La Bamba - Los Lobos



& STOMP RIGHT TO SIDE, HOLD, LEFT SAILOR, BEHIND, SIDE, IN FRONT, HOLD

&1-2 Lift right foot behind left leg, stomp right to right, hold
3&4 Step left behind right, step right to right, left to left (left sailor step)
5-8 Step right behind left, left to left, right across in front of left, hold

& STOMP LEFT TO SIDE, HOLD, RIGHT SAILOR, BEHIND, SIDE, IN FRONT, HOLD

&9-10 Lift left foot behind right leg, stomp left to left, hold
11&12 Step right behind left, step left to left, right to right (right sailor step)
13-16 Step left behind right, right to right, left across in front of right, hold

VINE RIGHT, POINT RIGHT TO SIDE PUSHING HIPS TO RIGHT, HOLD, RIGHT SAILOR STEP

17-20 Vine to right, stepping right to side, left behind right, right to side, left in front of right
21-22 Point right toe to right side pushing hips to right, hold
23&24 Step right behind left, step left to left, right to right (right sailor step)

VINE LEFT POINT LEFT TO SIDE PUSHING HIPS TO LEFT, HOLD, LEFT SAILOR STEP

25-28 Vine to left, stepping left to side, right behind left, left to side, right in front of left
29-30 Point left toe to left side pushing hips to left, hold
31&32 Step left behind right, step right to right, left to left (left sailor step)

ROCK FORWARD, BACK, CHA-CHA ½ RIGHT, ROCK FORWARD, BACK, CHA-CHA ¾ LEFT

The following 8 beats are standard turning cha-cha steps

33-34 Rock/step forward on right, back on left
35&36 Cha-cha turning ½ right
37-38 Rock/step forward on left, back on right
39&40 Cha-cha turning ¾ left

STEP, PIVOT ½ LEFT, RIGHT SHUFFLE FORWARD, FORWARD, BACK, COASTER STEP ACROSS

41-42 Step forward on right, pivot ½ turn left, weight on left
43&44 Shuffle forward right-left-right
45-46 Rock/step on left, back on right
47&48 Step back on left, right together., left across right (left coaster step)

STEP & CROSS, STEP & CROSS

49-52 Step right to side, rock weight onto left in place, step right across left, hold
53-56 Step left to side, rock weight onto right in place, step left across right, hold

REPEAT

Finish the dance at 2:13 of the song as it then goes instrumental and is virtually impossible to dance to. You will have completed the dance facing the back wall.