

# 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.