

La Bomba

拍数: 32 墙数: 4 级数:
编舞者: Susan Brooks (USA)
音乐: La Bomba (Spanglish Version) - Ricky Martin



Song is also on the CD "Vuelve"

BACK CROSS, WEAVE STEP TO LEFT AND COME BACK RIGHT, CHANGE WEIGHT

&1-2 Step back on left, cross right over left, step left
3-4 Step right behind left, rock left foot to left
5-6 Rock right foot to right, cross left over right
7-8 Long step to right with right, draw left to right and change weight to left

SHUFFLE STEP, KICK BALL CHANGE, ¼ PIVOT RIGHT, SAILOR SHUFFLE ¼ TURN RIGHT

9&10 Step forward on right & step forward left, step forward right
11&12 Kick left foot forward & step left foot to place, step right
13-14 Step forward left, pivot ¼ right weight on right
15&16 Step left behind right & step right foot ¼ right, step in place left

RIGHT-STOMP BALL CHANGES, ROCK STEP, CHA-CHA-CHA ½ RIGHT

17&18 Stomp right in towards left & side to right with right, step left
19&20 Stomp right in towards left & step to right with right, step left
21-22 Rock forward on right foot, back on left foot
23&24 Right, left, right, cha-cha ½ turn to your right

LEFT-STOMP BALL CHANGES, ROCK STEP, SWAY LEFT ¼ LEFT, SWAY RIGHT

25&26 Stomp left in towards right & step left with left, step right
27&28 Stomp left in towards right & step left with left, step right
29-30 Rock forward on left foot, rock back on right foot
31-32 Turn ¼ and step left swaying hips left, step right swaying hips right

REPEAT
