

La Bomba La Bomba

COPPERKNOB
STEPSHEETS

拍数: 36 墙数: 4 级数: Intermediate
编舞者: Joanne Taylor Smith (UK)
音乐: La Bomba - F. Zambrana Marchetti



A fun dance choreographed for a fund raising event on behalf of the charity Osteogenesis Imperfecta (babies born with brittle bone disease). For The Children.

RUNS FORWARD, HIP BUMPS, LEFT CHASSE

1&2 Run forward right, & left, right (small steps)
3&4 Run forward left, & right, left (small steps)
5&6 Step right to side bump hips right, & left, right
7&8 Step left to left, & close right, left to left

¼ LEFT, ¼ LEFT, CROSS SHUFFLE, ¼ RIGHT, ¼ RIGHT, CROSS & OUT

&1 Hitch right making ¼ turn left, & touch right toe to right
&2 Hitch right making ¼ turn left, & touch right toe to right
Right arm bent at the elbow hand on the back of the head fingers splayed
3&4 Cross right over left, & step left to left, cross right over left
&5 Hitch left making ¼ turn right, & touch left toe to left
&6 Hitch left making ¼ turn right, & touch left toe to left
Left arm bent at the elbow hand on the back of the head fingers splayed
7&8 Cross left over right, & step back on right, step left out to left

FORWARD SHUFFLE, MAMBO, BACK LOCK BACK, ½ SHUFFLE TURN

1&2 Shuffle forward right, & left, right
3&4 Rock forward on left, & recover on right, step left beside right
5&6 Step right back, & cross step left over right, step right back
7&8 Turn ½ left shuffling left, & right, left

STEP ½ LEFT STEP, SIDE ROCK CROSS, SIDE ROCK CROSS, STEP ¼ RIGHT CROSS

1&2 Step right forward, & ½ turn left, step right forward
3&4 Rock out to left, & recover on right, cross left over right
5&6 Rock out to right, & recover on left, cross right over left
Above 4 counts are traveling slightly forward
7&8 Step left forward, & turn ¼ right, cross left over right,

RIGHT CHASSE, SIDE MAMBO

1&2 Step right to right, & close left, step right to right
3&4 Rock out to left, & recover on right, step left in place

REPEAT