

# Lambada

拍数: 64      墙数: 1      级数: Intermediate  
编舞者: Paul Merola (USA)  
音乐: My Maria - Brooks & Dunn



## RIGHT TOGETHER, RIGHT TOGETHER, CHA-CHA-CHA, ROCK STEP

- 1-2      Step to right on right foot, step left next to right foot.
- 3-4      Step to right on right foot, step left next to right foot.
- 5&6      Step to right on right foot, step left next to right foot, step to right on right foot
- 7-8      Rock back on left foot, step right foot in place

## CROSS STEP, CROSS STEP, CROSS STEP, STOMP, STOMP

- 9      Still moving to the right cross left foot over right foot locking ankles (keeping weight only on ball of left foot)
- 10      Still moving to the right transfer weight to the right foot ( stay only on the ball of right foot)
- 11      Still moving to the right transfer weight to ball of left foot
- 12      Shift weight to ball of right foot
- 13      Still moving to the right transfer weight back to ball of left foot
- 14      Drop the heel of the right foot to the floor (put weight on right foot)
- 15-16      Tap or stomp left foot a bit forward and clap at the same time (do this twice.)

Steps 9-14 should be done with a swivel action

## LEFT TOGETHER, LEFT TOGETHER, LEFT TOGETHER, CHA-CHA-CHA, ROCK STEP, CROSS STEP, CROSS STEP, CROSS STEP, STOMP, STOMP

- 17-32      Repeat 1-16 going to the left and starting with the left foot and ending with right stomp or tap

## SHUFFLE FORWARD RIGHT-LEFT-RIGHT SHUFFLE FORWARD LEFT-RIGHT-LEFT STEP SLIDE STEP SLIDE

- 33&34      Step forward on right foot, step left foot next to right, step forward on right foot
- 35&36      Step forward on left foot, step right foot next to left, step forward on right foot
- 37-38      Step back on right foot, slide left back next to right and clap
- 39-40      Step back on right foot, slide left back next to right and clap

## SHUFFLE FORWARD RIGHT-LEFT-RIGHT SHUFFLE FORWARD LEFT-RIGHT-LEFT STEP SLIDE STEP SLIDE

- 41-48      Repeat 33-40

## TURN STEP STEP STEP CHA-CHA-CHA STEP STEP

- 49      Stepping forward on right foot turn ½ turn left
- 50      Step forward on left foot
- 51-52      Step forward on right foot, step forward on left foot
- 53&54      Step forward on right foot, step left foot next to right, step forward on right foot
- 55-56      Step forward on left foot, step forward on right foot

## TURN STEP STEP STEP CHA-CHA-CHA STEP STEP

- 57      Stepping forward on left foot turn ½ turn right
- 58      Step forward on right foot
- 59-60      Step forward on left foot, step forward on right foot
- 61&62      Step forward on left foot, step right foot next to left foot, step forward on right foot
- 63-64      Step forward on right foot, step forward on left foot

REPEAT

