

Lambada

拍数: 64 墙数: 1 级数: Intermediate
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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

