

# Bomba Africa

拍数: 32      墙数: 2      级数: Improver  
编舞者: Nicole LeBrun (CAN) & Rose-Anne Losier  
音乐: La Bomba - King Africa



---

## MAMBO LEFT, MAMBO RIGHT, CROSS SHUFFLE, PIVOT ¼ TURN

1&2      Step left to left, rock on to right, step left next to right  
3&4      Step right to right, rock on to left, step right next to left  
5&6      Step left across right, step right to right, step left across right  
7-8      Step right to right, on ball of feet turn ¼ turn left

## TOE, TOE, STOMP TWICE (RIGHT, LEFT) RIGHT OUT, LEFT OUT BUMP AND BUMP

1&2      Touch right toe slightly to left, touch right toe a little more to left, stomp right foot slightly across left  
3&4      Touch left toe slightly to right, touch left toe a little more to right, stomp left foot slightly across right  
5-6      Step out with right, step out with left  
7&8      Bump hips left, right, left

## CROSS HEEL JACK, CROSS HEEL JACK, LIFT RIGHT KNEE UP, DOWN, SKATE LEFT, SKATE RIGHT

&1&2      Step back on right, cross left foot over right, step back on right, tap left heel forward  
&3&4      Step back on left, cross right foot over left, step back on left, tap right heel forward  
5-6      Hitch right knee, step right foot down  
7-8      Skate left, skate right

## SAILOR ¼ TURN, BEHIND & CROSS, KICK OUT-OUT, IN IN, CLAP

1&2      Step left behind right, step right to right, step left ¼ left  
3&4      Cross right foot behind left, step left foot to left side, cross right foot in front of left  
5&6      Kick left foot forward, step left foot out to left side, step right foot out to right side  
&7-8      Step left foot to center, step right foot to center, clap

**REPEAT**

---