

La Bamba

拍数: 56 墙数: 4 级数: Improver
编舞者: Eva Pau (CAN) - June 2010
音乐: La Bamba - Los Lobos



Start dancing after 16 count

TOE, HEEL, CROSS, HOLD X 2

- 1 – 2 Touch right toe next to left instep turning knee in, touch right heel to right side
- 3 – 4 Cross right over left, hold
- 5 – 6 Touch left toe next to right instep turning knee in, touch left heel to left side
- 7 – 8 Cross left over right, hold

BACK SHUFFLE, HOLD, ½ TURN L SHUFFLE, HOLD

- 1 – 4 Shuffle back right, left, right, hold
- 5 – 8 Shuffle back left, right, left to turn ½ L (6:00)

Restart here at 5th wall (facing 6:00)

FORWARD MAMBO, HOLD, BACK MAMBO, HOLD

- 1 – 4 Rock right forward, recover on left, step right back
- 5 – 8 Rock left back, recover on right, step left forward

STEP ¼ TURN L, CROSS, HOLD, WEAVE

- 1 – 4 Step right forward, ¼ turn L, cross right over left, hold
- 5 – 8 Step left to side, step right behind left, step left to side, cross right over left

BEHIND, SIDE, CROSS, HOLD, TOE STRUTS X 2

- 1 – 4 Step left back in place, step right to side, cross left over right, hold
- 5 – 8 Touch right toe to right, step right in place, touch left toe forward, step left in place

FORWARD ROCK, RECOVER ½ TURN R, HOLD, FORWARD SHUFFLE, HOLD

- 1 – 4 Rock right forward, recover on left, ½ turn R step right forward, hold
- 5 – 8 Forward shuffle left, right, left, hold

SIDE MAMBO, HOLD X 2

- 1 – 4 Rock right to side, recover on left, step right together, hold
- 5 – 8 Rock left to side, recover on right, step left together, hold

Ending

Replace first 3 counts of 5th section with behind, ½ turn R, forward to return to 12:00