

Lambada-Danza

COPPERKNOB
STEPSHEETS

拍数: 112 墙数: 4 级数: Phrased Intermediate
编舞者: Jenny Memmel (DE) - October 2011
音乐: Lambada - Danza Kuduro



Sequence: A, A, A, B, A, B, C (to the end of music)

Start on: after drums, start on count 9

Styling Note: there is a lot of hips action, that's the result from pressure on the inside edge of balls and make sure that your knees are bend an relax, hips must be loose and moving all the time, having fun and dancing a little bit sexy

Part A - 56 counts

Count 1-12

Lambada Basics (4), Chasse´ diagonal l+r

1a2a triple step in place (l+r+l), right knee is lifted and RF slightly leaves the floor
3a4a triple step in place (r+l+r), left knee is lifted and LF slightly leaves the floor
5a6a triple step in place (l+r+l), right knee is lifted and RF slightly leaves the floor
7a8a triple step in place (r+l+r), left knee is lifted and LF slightly leaves the floor
9a10a Step LF diagonally forward, RF lock behind LF, step LF diagonally forward, hold
11a12a Step RF diagonally forward, LF lock behind RF, step RF diagonally forward,hold

Count 13-24

Lambada Basics (4), Chasse´ diagonal l+r

Repeat counts 1-12, starting with the LF

Counts 25-32

Chasse´ L, Chasse´ R with ¼ turn l, Mambo Basics L+R

1a2a step LF to left side, step RF next LF, step LF to left side, hold
3a4a 1/4T left and step RF to right side, step LF next RF, step RF to right side (face 9:00)
5a6a step LF forward, recover on RF, step LF backward, hold
7a8a step RF backward, recover on LF, step RF forward, hold

Counts 33-40

Chasse´ L, Chasse´ R with ¼ turn l, Mambo Basics L+R

Repeat counts 25-32, starting with the LF (face 6:00)

Count 41-48

Double Hip-Bumps (L+R), "Bollywood Hips" (L with ½ turn right)

1a2a step LF a small step to left side, pump your left hip to left side twice, hold
3a4a recover your weight on RF and pump your right hip to right side twice, hold
5a6a7a8a lift your lift knee up and move your left hip up and down(1/8 turn right each count) (face 12:00)

Count 49-56

Double Hip-Bumps (L+R), "Bollywood Hips" (L with ½ turn right)

Repeat counts 41-48, starting with the LF (facing 6:00)

Part B - 48 counts

Count 1-8

Chasse´Box (full turn left)

1a2a step LF to left side, step RF next LF, step LF to left side, hold
3a4a 1/4T left and step RF to right side, step LF next RF, step RF to right side (face 3:00)
5a6a 1/4T left and step LF to left side, step RF next LF, step LF to left side (face 12:00)
5a6a 1/4T left and step RF to right side, step LF next RF, step RF to right side (face 3:00)

(styling for this part you can weaving your arms from right to left and from left to right, twice)

Count 9-16

¼ turn left, V-Step (twice)

a1,2 ¼ turn left (facing 6:00), step LF out forward, RF step out to side
3-4 step LF backward, RF step together
5,6,7,8 Repeat counts 1-4, starting with the LF (no turn, facing 6:00)

Counts 17-24

Cucarachas L+R (twice)

1a2a step LF to left side, recover on RF, step LF next RF, hold
3a4a step RF to right side, recover on LF, step RF next LF, hold
5a6a7a8a Repeat counts 1-4, starting with the LF

Counts 25-32

Syncopated Mini-Jumps forward & backward

& 1 jump forward left, jump forward right
& 2 jump forward left, jump forward right
& 3 jump forward left, jump forward right
& 4 jump forward left, jump forward right
& 5 jump backward left, jump backward right
& 6 jump backward left, jump backward right
& 7 jump backward left, jump backward right
& 8 jump backward left, jump backward right

Counts 33-40

Cucarachas L+R (twice)

Repeat counts 17-24 from B, starting with the LF

Counts 41-48

Syncopated Mini-Jumps forward & backward

Repeat counts 25-32 from B, starting with the LF

Part C - 8 counts

Count 1-8

Weaving Arms up & down, Lambada Basic

1a2a weaving your arms from right to left and from left to right and from right to left, hold (over your head)
a3a4a put your hands down weaving your arms from right to left and from left to right and from right to left, hold
5a6a triple step in place (l+r+l), right knee is lifted and RF slightly leaves the floor
7a8a triple step in place (r+l+r), left knee is lifted and LF slightly leaves the floor

(Repeat C to the end of music)

(Styling for C: You can do this in one line behind your other dancers and on counts 5-8 put your hands on the hips from your front dancers)

Have fun ;-)
