

La Bomba

拍数: 64 墙数: 4 级数: Beginner
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音乐: La Bomba - Ricky Martin



Intro : 32 Count

I. FORWARD MAMBO – BACK MAMBO

1 2 Step R forward – Recover on L
3 4 Close R beside L - Hold
5 6 Step L backward – Recover on R
7 8 Close L beside R - Hold

II. SIDE MAMBO R & L

1 2 Step RF to side – Recover on LF
3 4 Close RF beside LF - Hold
5 6 Step LF to side – Recover on RF
7 8 Close LF beside RF - Hold

III. SIDE TOGETHER SIDE TOUCH 2X

1 2 Step RF to side – Close LF beside RF
3 4 Step RF to side – Touch LF beside RF
5 6 Step LF to side – Close RF beside LF
7 8 Step LF to side – Touch RF beside LF

IV. ¼ TURN L SIDE TOGETHER SIDE TOUCH 2X

1 2 Turn ¼ L Step RF to side – Close LF beside RF
3 4 Step RF to side – Touch LF beside RF
5 6 Step LF to side – Close RF beside LF
7 8 Step LF to side – Touch RF beside LF

V. BACK CROSS ROCK - CLOSE 2X

1 2 Step across RF behind LF – Recover on LF
3 4 Close RF beside LF - Hold
5 6 Step across LF behind RF – Recover on RF
7 8 Close LF beside RF - Hold

VI. FORWARD MAMBO – BACK MAMBO

1 2 Step R forward – Recover on L
3 4 Close R beside L - Hold
5 6 Step L backward – Recover on R
7 8 Close L beside R - Hold

VII. JAZZ ¼ R TOUCH – FORWARD LOCK STEP

1 2 Step across RF over LF – Step LF backward
3 4 Turn ¼ R Step RF to side – Touch LF beside RF
5 6 Step LF forward – Step lock RF behind LF
7 8 Step LF forward – Hold

VIII. PADDLE ¾ L TOUCH HOLD

1 2 Turn ¼ L Touch RF to side – Turn ¼ L Hitch RF
3 4 Touch RF to side – Turn ¼ L Hitch RF

5 6 Touch RF to side – Touch RF beside LF
7 8 Touch RF to side - Hold

This is a fun dance for beginner salsa... enjoy it and have fun!!!

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