

Cha Cha Lambada

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Danz@Sundown (SG) - March 2015
音樂: Lambada (Llorando Se Fue) - Wilkins



(NB: Start dance after 8 counts)

Sequence: A A A, B, A (dance up to Restart), A, B, A (dance upto Restart), B (till end or stop after dancing 4 Bs)

Section A

A1: RF Shuffle Forward, LF Rock Forward, LF Shuffle Back, RF Rock Back

1&2 Step RF forward, Step LF next to RF, Step RF forward
3,4 Rock LF forward, Recover weight on RF
5&6 Step LF back, Step RF next to LF, Step LF back
7,8 Rock RF back, Recover weight on LF

A2: Shuffle R, L Cross Rock, Shuffle L, R Cross Rock

1&2 Step RF right, Step LF next to RF, Step RF right
3,4 Cross Rock LF over RF, Recover weight on RF
5&6 Step LF left, Step RF next to LF, Step LF left
7,8 Cross Rock RF over LF, Recover weight on LF

A3: RF Shuffle ¼ R, Pivot ½ R, LF Shuffle Forward, RF Forward Full-turn L

1&2 Step RF right, Step LF next to RF, Step RF right turning 1/4 right (3)
3,4 Step LF forward, Pivot ½ turn R stepping RF forward (9)
5&6 Step LF forward, Step RF next to LF, Step LF forward
7,8 Step RF forward, Full-turn L stepping LF forward (9)

A4: (2) Forward Rock, Coaster Steps

1,2 Rock RF forward, Recover weight on LF
3&4 Step RF back, Step LF beside RF, Step RF forward
5,6 Rock LF forward, Recover weight on RF
3&4 Step LF back, Step RF beside LF, Step LF forward

A5: (4) ¼ Left Pivots

1-4 Step RF forward, Pivot ¼ turn on LF, Step RF forward, Pivot ¼ turn on LF
5-8 Repeat 1-4

A6: (2) Forward Rock, Coaster Steps

1,2 RF rock forward, recover weight on LF
3&4 Step RF back, Step LF beside RF, Step RF forward
5,6 LF rock forward, recover weight on RF
3&4 Step LF back, Step RF beside LF, Step LF forward

(Restart point)

A7: (2) Cross Points, R Jazz Box

1-4 Cross Step RF over LF, Point LF left, Cross Step LF over RF, Point RF right
5-8 Cross Step RF over LF, Replace weight on LF, Step RF to right, Close LF slightly next to RF

ENJOY

Section B

TAG (twice at 9:00, once at 6:00)

R Cross Shuffle, L Side Rock, L Sailor Cross, R Side Rock

- 1&2 Cross Step RF over LF, Step LF left, Cross Step RF over LF
3,4 Step LF left rocking left, Rock RF right
5&6 Step LF behind RF, Step RF beside LF, Cross Step LF over RF
7,8 Step RF right step right, LF turn $\frac{1}{4}$ L
- 1-8 Repeat Tag

After last Tag at 6:00, just dance Tag till facing front wall

Contact: pamchia@hotmail.com
