

# Cha Cha Lambada

拍數: 56      牆數: 4      級數: Intermediate  
編舞者: Danz@Sunset (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 up to 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](mailto:pamchia@hotmail.com)**

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