

La Bamba

拍數: 40 牆數: 2 級數: High Beginner
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音樂: La Bamba - Ritchie Valens



Intro: Start on Lyrics "Bamba"

S1: RIGHT STEP LOCK FORWARD, BRUSH, LEFT STEP LOCK FORWARD, BRUSH

1-4 Step right forward, lock left behind right, step right forward, brush left forward
5-8 Step left forward, lock right behind left, step left forward, brush right forward

S2: ROCKING CHAIR DIAGONALLY TO THE LEFT CORNER; ROCKING CHAIR DIAGONALLY TO THE RIGHT CORNER

1-4 (Facing left forward corner) Step forward on right, recover on left, step back on right, hold
5-8 (Facing right forward corner) Step forward on left, recover on right, step back on left, hold

S3: RUMBA BOX BACK AND FORWARD WITH HOLDS

1-4 Step right to side, step left together, step right to back, left foot, hold
5-8 Step left to side, step right together, step left forward, right foot, hold

S4: MAMBO RIGHT, HOLD, MAMBO LEFT, HOLD

1-4 Step right to right, recover on left, step right beside left, hold
5-8 Step left to left, recover on left, step left beside right, hold

S5: PADDLE ½ TURN TO LEFT

1-2 Step right forward, turn 1/8 left (weight on left)
3-4 Step right forward, turn 1/8 left (weight on left)
5-8 Repeat 1-4 to complete ½ turn to the left

FIRST RESTART – Second time facing the front 12 o'clock wall, after the first 32 counts

SECOND RESTART WITH TAG – Third time facing the front 12 o'clock wall, after 16 counts, and the end of the instrumental, there is a TAG, right step touch, left step touch, then RESTART