

# La Mala Y La Buena (The Bad And The Good)

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Phrased Intermediate  
編舞者: Vincent Dijks (NL) - February 2017  
音樂: La Mala Y La Buena (feat. Gente de Zona) - Alex Sensation



Sequence □□:□A, Tag1, B\*, A, Tag 1, B2&, A, Tag1, B, Tag1, B, B\*, Tag2, A, B  
Info □□:□Intro 32 counts

## PART A: 32 COUNTS

### A1: Cross Samba x 2, Cross Shuffle, Ball, Cross Samba

1      LF□cross over  
&      RF□rock side  
2      LF□recover  
3      RF□cross over  
&      LF□rock side  
4      RF□recover  
5      LF□cross over  
&      RF□step side  
6      LF□cross over  
&      RF□step side on ball foot  
7      LF□cross over  
&      RF□rock side  
8      LF□recover

### A2: Cross Samba x 2, Cross Shuffle, Ball, Cross Samba

1      RF□cross over  
&      LF□rock side  
2      RF□recover  
3      LF□cross over  
&      RF□rock side  
4      LF□recover  
5      RF□cross over  
&      LF□step side  
6      RF□cross over  
&      LF□step side on ball foot  
7      RF□cross over  
&      LF□rock side  
8      RF□recover

### A3: Mambo Fwd x2, Side Mambo x2

1      LF□rock forward  
&      RF□recover  
2      LF□together  
**dip slightly**  
3      RF□rock forward  
&      LF□recover  
4      RF□together  
**dip slightly**  
5      LF□rock side  
&      RF□recover

6 LF□together  
7 RF□rock side  
& LF□recover  
8 RF□together

**A4: Rocking Chair, Side Mambo (x2)**

1 LF□rock forward  
& RF□recover  
2 LF□rock back  
& RF□recover  
3 LF□rock side  
& RF□recover  
4 LF□together  
5 RF□rock forward  
& LF□recover  
6 RF□rock back  
& LF□recover  
7 RF□rock side  
& LF□recover  
8 RF□touch beside

**PART B: 32 COUNTS**

**B1: Chassé x2, Cross Back Together, Ext. Step Lock Step Fwd**

1 RF□step side  
& LF□together  
2 RF□step side  
1&2 push hands up diagonal right  
3 LF□step side  
& RF□together  
4 LF□step side  
3&4 push hands up diagonal left  
5 RF□cross over  
& LF□step back  
6 RF□together  
& LF□step forward  
7 RF□lock behind  
& LF□step forward  
8 RF□lock behind  
& LF□step forward

**B2: Samba Whisk x2, Extended Shuffle ½ R □**

1 RF□step side  
2 LF□rock behind  
& RF□recover  
3 LF□step side  
4 RF□rock behind  
& LF□recover  
5 RF□½ right, step forward  
& LF□step beside  
6 RF□½ right, step forward  
& LF□step beside  
7 RF□½ right, step forward  
& LF□step beside

8 RF  $\frac{1}{8}$  right, step forward

**B3: Rock Across Recover, Rock Side Recover, Rock Across Recover, Side (x2)**

1 LF  $\square$  rock across  
& RF  $\square$  recover  
2 LF  $\square$  rock side  
& RF  $\square$  recover  
3 LF  $\square$  rock across  
& RF  $\square$  recover  
4 LF  $\square$  step side  
5 RF  $\square$  rock across  
& LF  $\square$  recover  
6 RF  $\square$  rock side  
& LF  $\square$  recover  
7 RF  $\square$  rock across  
& LF  $\square$  recover  
8 RF  $\square$  step side

**B4: Vaudeville x2, Back-Point x4**

1 LF  $\square$  cross over  
& RF  $\square$  step slightly right back  
2 LF  $\square$  dig heel left forward  
& LF  $\square$  together  
3 RF  $\square$  cross over  
& LF  $\square$  step slightly left back  
4 RF  $\square$  dig heel right forward  
& RF  $\square$  step back  
5 LF  $\square$  point across  
& LF  $\square$  step back  
6 RF  $\square$  point across  
& RF  $\square$  step back  
7 LF  $\square$  point across  
& LF  $\square$  step back  
8 RF  $\square$  point across  
**\* + only after 1st and 5th part B:**  
& RF  $\square$  together

**TAG 1: Hitch, Side/Hip Roll**

1 RF  $\square$  hitch across  
2-4 RF  $\square$  step side and roll hips clockwise

**TAG 2: Rock Fwd Recover Recover (x2)**

1 LF  $\square$  rock forward  
& RF  $\square$  recover  
2 LF  $\square$  recover  
3 RF  $\square$  rock forward  
& LF  $\square$  recover  
4 RF  $\square$  recover