

# Miss Trot La Bamba

COPPERKNOB  
STEP SHEETS

拍數: 72      牆數: 1      級數: Phrased Improver  
編舞者: Kang Hyo Choi (KOR) - May 2019  
音樂: La Bamba (라밤바) - Jung Mi Ae (정미애)



Intro: 32 counts

Sequence: AAA, B, CCCC, Tag1, DD, A, B, CCCC, Tag2, DD, Tag3, EEEE

\*With Various and Creative Hand Gestures.\*

## Part A: 16 Counts

### SEC 1 : Vine R Touch, Vine L Touch,

1-2            Step RF to right side, Step LF behind RF  
3-4            Step RF to right side, Touch LF next to RF  
5-6            Step LF to left side, Step RF behind LF  
7-8            Step LF to right side, Touch RF next to LF

### SEC 2: Rocking Chair X2

1-2            Rock RF forward, Recover LF  
3-4            Rock RF back, Recover LF  
5-6            Rock RF forward, Recover LF  
7-8            Rock RF back, Recover LF

## Part B: 16 Counts

### SEC 1: Hip Bump R, L, R, L, R, L, R,L

1-8            Hip Bumping R, L, R, L, R, L, R

### SEC 2: R, L Step Touch, Sway R,L,R,L

1-2            Step RF to right side, Touch LF to left side  
3-4            Step LF to left side, Touch RF to right side  
5-8            Sway right, left, right, left

## Part C: 8 Counts

### SEC 1: L Hip Bumpx4, , Jazz box turn 1/4 to left

1-4            L Hip bumping x4  
5-6            Step LF cross over RF, Step RF back 1/4 turn left  
7-8            Step LF to left side, Step RF forward

## Part D : 16 Counts

### SEC 1: R Side Together, Side Touch, L,R Step Touch

1-2            Step RF to right side, Step LF next to RF  
3-4            Step RF to right side, Touch LF next to RF  
5-6            Step LLF to right side, Touch RF to right side  
7-8            Step RF to right side, Touch LF to left side

### SEC 2: L Side Together, Side Touch, , R,L Step Touch

1-2            Step LF to right side, Step RF next to LF  
3-4            Step LF to right side, Touch RF next to LF  
5-6            Step RF to right side, Touch LF to left side  
7-8            Step LF to right side, Touch RF to right side

## Part E : 16 Counts

### SEC 1: Shoulder Shimmy,

1-4            Forward Shoulder Shimmy

5-8 Back Shoulder Shimmy

**SEC 2: Charleston Step x2**

1-2 Step RF forward, Hitch LF forward  
3-4 Step LF back, Touch RF Back  
5-6 Step RF forward, Hitch LF forward  
7-8 Step LF back, Touch RF Back

**Tag 1 : 4 Counts**

1-2 Point RF next to LF, Hold  
3-4 Hitch RF, Hold

**Tag 2 : 16 Counts x 2**

**SEC 1: Vine R Turn 1/4 R Touch , Vine L Touch**

1-2 Step RF to right side, Step LF behind RF  
3-4 Step RF turn 1/4 to right side, Touch LF next to RF  
5-6 Step LF to left side, Step RF behind LF  
7-8 Step LF to left side, Touch RF next to LF

**SEC 2 : Forward Touch, Side touch, Forward Touch, Side Step**

1-2 Touch RF diagonally forward, , Touch RF to right side  
3-4 Touch RF diagonally forward, , Step RF to right side  
5-6 Touch LF diagonally forward, , Touch LF to left side ,  
7-8 Touch LF diagonally forward, , Step LF to left side

**Tag 3: 8 Counts**

1-2 Point RF next to LF, Hold  
3-4 Hitch RF, Hold  
5-8 Walk 1/2 Turn to right RF,LF,RF,LF

Contact : [hqueen21@hanmail.net](mailto:hqueen21@hanmail.net)

---