

La Bamba

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Easy Intermediate
編舞者: Kuk Kumson (KOR) & Eun Hee Yoon (KOR) - June 2019
音樂: La Bamba (라밤바) - Jung Mi Ae (정미애)



Intro : 32 counts

Sec.1) Cross, Cross, Back Out, Out, In, In, Hip Bumps with Hand Motion

1-2 R cross over L (1), L cross over R (2)
&3&4 Back R out (&), L out (3), R in to center (&), L in to center (4)
5-8 Hip bumps (R to R side & R hip down x 4) with hand motion (weight on R)

Sec.2) Cross Point, Side Point, Coaster Step, Heel, Ball, Cross, 1/4L Back, Side

1-2 L cross point over R (1), L to L side point (2)
3&4 L back (3), R together (&), L forward (4)
5&6 Touch R heel to R side (5), R ball (&), L cross over R (6)
7-8 1/4L R back (7), L to L side (8) (9:00)

Sec.3) Syncopated Weave Step, Side Rock, Recover, Unwind 1/2L

1-2 R cross over L (1), L to L side (2)
3&4 R behind L (3), L to L side (&), R cross over L (4)
5-6 L to L side rock (5), R recover (6)
7-8 L cross back R (7), 1/2L (with weight on L) (8) (3:00)

Sec.4) Forward Coaster Step, Cross Touch, Rolling Vine, Side Point

1-4 R forward (1), L together (2), R back (3), Touch L cross over next to R (4)
5-8 1/4L L forward (5), 1/2L R back (6), 1/4L L to L side (7), R to R side point (8) (3:00)

**Tag 1) After wall 3 (4 counts - 9:00)

1-4 (R hip bump ×2, L hip bump ×2) with hand motion (weight on L)

**Tag 2) After wall 8 (8 counts - 12:00)

1-2 R cross over L (1), L cross over R (2)
&3&4 Back R out (&), L out (3), R in to center (&), L in to center (4)
5-8 (R hip bump ×2, L hip bump ×2) with hand motion (weight on L)

Ending : On wall 10, section 4 when dance rolling vine, start at 6:00 and end 12:00

5-8 1/4L L forward (5), 1/2L R back (6), 1/2L L forward (7), 1/4L R side point (8)