

# La Bamba

拍數: 56      牆數: 4      級數: Beginner  
編舞者: Marchy Susilani (HK) - July 2019  
音樂: La Bamba - Los Lobos



Intro : 8 Counts

**Sec 1 : Forward lookstep hold (R, L)**

1-4            Step forward on R step L behind R step forward on R, hold  
5-8            Step forward on L, step R behind L, step forward on L, hold

**Sec 2 : Forward, pivot ½ L, forward pivot ½ L**

1-4            Step forward on R pivot ½ left, step forward on R, hold  
5-8            Step forward on L pivot ½ right, step forward on L, hold

**Sec 3 : Rock forward back (Mambo), rock back, forward**

1-4            Rock forward on R, recover on L, step back on R, hold  
5-8            Rock back on L, recover on R, step forward on L, hold

**Sec 4 : Scissor step**

1-4            Step R to right side, step L next to R, cross R over L, hold  
5-8            Step L to left side, step R next to L, cross L over R, hold

**Sec 5 : Vine right, side rock, cross**

1-4            Step R to right side, step L behind R, step R to side, cross L over R  
5-8            Rock side on R, recover on L, cross R over L, hold

**Sec 6 : Side rock forward ¼ right hold, forward, lock, hold**

1-4            Rock side on L, recover on R, step forward on L ¼ right, hold  
5-8            Step forward on R, step L behind R, step forward on R, hold

**Sec 7 : Rock side, close L, R**

1-4            Rock side on L, recover on R, step L next to R, hold  
5-8            Rock side on R, recover on L, touch R next to L, hold

Restart W5 (16 C) (12:00)

Have fun.