

La Bamba 3x

拍數: 32 牆數: 4 級數: Low Improver
編舞者: Heru Tian (INA) - August 2020
音樂: La Bamba 2k13 (feat. Jota-Efe) - DJ R'AN



No Tag, 5 Restarts

Intro : 32 Counts

*Restart At Wall 2(24), 5(8), 7(24), 10(8), 12(24)

Section 1 : Pivot ½ Turn L- Step Lock Step- Rock Fwd- Recover- Coaster Step

1-2 Step Fwd (Rf), ½ Turn L (Lf) Facing 6.00

3&4 Step (Rf), Lock (Lf), Step (Rf)

5-6 Rock Fwd (Lf), Recover (Rf)

7&8 Back (Lf), Together (Rf), Fwd (Lf)

*Restart At Wall 5 & 10 After 8c

Section 2 : Pivot ¼ Turn L- Cross Shuffle- Siderock- Recover- Cross- Touch

1-2 Step Fwd (Rf), ¼ Turn L (Lf) Facing 3.00

3&4 Cross (Rf), Together (Lf), Cross (Rf)

5-8 Siderock (Lf), Recover (Rf), Cross (Lf) Front Rf, Touch (Rf)

Section 3 : Side- Together- Back Lock Back- Side- Together- Side Shuffle

1-2 Side (Rf), Together (Lf)

3&4 Back (Rf), Lock (Lf), Back (Rf)

5-6 Side (Lf), Together (Rf)

7&8 Side (Lf), Together (Rf), Side (Lf)

*Restart At Wall 2, 7, And 12 After 24c

Section 4 : Crossrock- Recover- Side- Together- Shimmy- Touch- Shimmy- Touch

1-2 Crossrock (Rf), Recover (Lf)

3-4 Side (Rf), Together (Lf)

5-8 Shimmy Side (Rf), Touch (Lf), Shimmy Side (Lf), Touch (Rf)