

La Bamba

COPPER KNOB
STEPSHEETS

拍數: 72 牆數: 2 級數: Low Intermediate
編舞者: Nina Chen (TW) & Mei Sze Chin (MY) - November 2020
音樂: La Bamba 2k13 (feat. Jota Efe) - Ran



Intro: 32 counts - SOD: 56, 72, 56, 72, 56, 32

S1: SIDE - TOGETHER, R CHASSE , L ROCKING CHAIR TO R DIAGONAL, ROCK - RECOVER - SIDE

1-2, 3&4 Step RF to R - Step LF beside RF, Step RF to R - Step LF beside RF - Step RF to R
5&6&, 7&8 Rock LF to R diagonal fwd - Recover on RF - Rock LF back - Recover on RF, Rock LF to R
diagonal fwd - Recover on RF - Step LF to L

S2: CROSS - SIDE, BEHIND - SIDE - CROSS, SIDE ROCK - 1/4 R RECOVER, FWD SHUFFLE

1-2, 3&4 Cross RF over LF - Step LF to L, Cross RF behind LF - Step LF to L - Cross RF over LF
5-6, 7&8 Rock LF to L - 1/4 turn R (3:00) recover on RF, Fwd shuffle (L R L)

S3: (R & L) MAMBO CROSS, FWD MAMBO, BACK MAMBO

1&2, 3&4 Rock RF to R - Recover on LF - Cross RF over LF, Rock LF to L - Recover on RF - Cross LF
over RF
5&6, 7&8 Step RF fwd - Recover on LF - Step RF back, Step LF back - Recover on RF - Step LF fwd

S4: FWD - PIVOT 1/4 L, CROSS SHUFFLE, 1/4 R BACK - 1/4 R SIDE, FWD SHUFFLE

1-2, 3&4 Step RF fwd - Pivot 1/4 turn L (12:00) weight on LF, Cross shuffle (R L R)
5-6, 7&8 1/4 turn R (3:00) step LF back - 1/4 turn R (6:00) step RF to R, Fwd shuffle (L R L)

S5: R CROSS - L CROSS - BACK - FLICK, (R & L) CORSS MAMBO

1-4 Cross RF over LF - Cross LF over RF - Step RF back - Flick RF to R
5&6, 7&8 Cross RF over LF - Recover on LF - Step RF to R, Cross LF over RF - Recover on RF - Step
LF to L

S6: FWD MAMBO, COASTER, R DIAGONAL FWD SHUFFLE, 1/4 L FWD SHUFFLE

1&2, 3&4 Step RF fwd - Recover on LF - Step RF back, Step LF back - Step RF beside LF - Step LF
fwd
5&6, 7&8 Fwd shuffle (R L R) to R diagonal, 1/4 turn L (3:00) fwd shuffle (L R L)

S7: CROSS - 1/4 R BACK, BACK SHUFFLE, BACK ROCK - RECOVER, FWD SHUFFLE

1-2, 3&4 Cross RF over LF - 1/4 R (6:00) step LF back, Back shuffle (R L R)
5-6, 7&8 Rock LF back - Recover on RF, Fwd shuffle (L R L)

S8: FWD - RECOVER, OUT - OUT - IN - IN, FWD - PIVOT 1/4 L.(x2)

1-2, &3&4 Step RF fwd - Recover on LF, Step RF to R - Step LF to L - Step RF back to center - Step LF
beside RF
5- 8 Step RF fwd - Pivot 1/4 turn L (3:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (12:00)
weight on LF

S9: FWD - PIVOT 1/4 L.(x2),(R & L) DOUBLE HIPS BUMP

1-4 Step RF fwd - Pivot 1/4 turn L (9:00) weight on LF - Step RF fwd - Pivot 1/4 turn L (6:00)
weight on LF
5&6, 7&8 Double Bump hips to R, Double Bump hips to L

Have Fun & Happy Dancing !!!

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