

# Lambada EZ

拍數: 56      牆數: 1      級數:  
編舞者: Montse Bou (ES) - December 2020  
音樂: Lambada - Kaoma  
或: Lambada (Llorando Se Fue) - Wilkins



(Intro: 8c.) + 56 + 56 + 56 + Instr.48 + 56 + Instr.48 + ... The End 48+20

**ROCK-STEP FORWARD (L), SHUFFLE BACK (LRL), ROCK-STEP BACK (R), PIVOT FULLTURN LEFT (R-L), ROCK-STEP FORWARD (R), COASTER-STEP (R).**

1-2            Rock LF forward, recover weight on RF  
3&4           Step LF back, Step RF next to RF, Step LF back  
5-6           Rock RF back, recover weight on LF  
7-8           Pivot ½ turn L stepping RF forward,(06.00) - Pivot ½ turn L stepping LF forward,(12.00)

**Option (easier): Walk 2 Steps forward crossing RL**

9-10           Rock RF forward, recover weight on LF  
11&12        Step RF back, Step LF beside RF, Step RF forward.

**ROCK-STEP FORWARD (L), SHUFFLE BACK (LRL), ROCK-STEP BACK (R), PIVOT FULLTURN LEFT (R-L), ROCK-STEP FORWARD (R), COASTER-STEP (R).**

13-24 -       Repeat 1-12

**SIDE ROCK-STEP L, CROSS SHUFFLE (LRL), SIDE ROCK-STEP R, CROSS SHUFFLE (RLR).**

25-26        Side step LF, recover on RF  
27&28       Cross LF over RF, step RF to right side, Cross LF over RF  
29-30       Side step RF, recover on LF  
31&32       Cross RF over LF, step LF to left side, Cross RF over LF

**PADDLE FULL TURN RIGHT**

33-34       Step forward on left, ¼ Turn right (weight on right) (03.00)  
35-36       Step forward on left, ¼ Turn right (weight on right) (06.00)  
37-38       Step forward on left, ¼ Turn right (weight on right) (09.00)  
39-40       Step forward on left, ¼ Turn right (weight on right) (12.00)

**SIDE ROCK-STEP L, CROSS SHUFFLE (LRL), SIDE ROCK-STEP R, CROSS SHUFFLE (RLR).**

41-42       Side step LF, recover on RF  
43&44       Cross LF over RF, step RF to right side, Cross LF over RF  
45-46       Side step RF, recover on LF  
47&48       Cross RF over LF, step LF to left side, Cross RF over LF

**RESTART on Instrumental Walls (only 48 counts),  
and last sequence (The End) .**

**PADDLE FULLTURN RIGHT**

49-50       Step forward on left, ¼ Turn right (weight on right) (03.00)  
51-52       Step forward on left, ¼ Turn right (weight on right) (06.00)  
53-54       Step forward on left, ¼ Turn right (weight on right) (09.00)  
55-56       Step forward on left, ¼ Turn right (weight on right) (12.00)

**REPEAT**