

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