

# Lambada 3000

拍數: 56      牆數: 4      級數: Easy Intermediate  
編舞者: Betty Dance (HK) - October 2021  
音樂: Lambada 3000 - Gregor Salto & Kaoma



Intro : 16 counts

## Section 1 (16 steps)

**(FORWARD STEP ) x 4 , CROSS, RECOVER, SIDE SHUFFLE**

1-2-3-4      Forward step L, R, L, R  
5-6-7&8      Cross L over R, recover to R, chasse side L, R, L

**(BACK STEP) x 4 , CROSS, RECOVER, SIDE SHUFFLE**

1-2-3-4      Back step R, L, R, L  
5-6-7&8      Cross R over L, recover to L, chasse side R, L, R

## Section 2 (16 steps)

**(CROSS, SIDE, BACK, SIDE, KICK BALL CHANGE, SIDE SHUFFLE) L & R**

1-2-3-4      Cross L over R, step side R, step back L behind R, step side R  
5&6-7&8      Kick L forward, L with ball without weight back on floor, replace weight to R, chasse side L, R, L  
1-2-3-4      Cross R over L, step side L, step back R behind L, step side L  
5&6-7&8      Kick R forward, R with ball without weight back on floor, replace weight to L, chasse side R, L, R

## Section 3 (16 steps)

**(FORWARD, RECOVER, BACK, RECOVER, SIDE SHUFFLE, BACK, RECOVER) L & R**

1-2-3-4      Step forward L, recover R, step back L, recover R  
5&6-7-8      Chasse side L, R, L, step R behind L, recover L  
1-2-3-4      Step forward R, recover L, step back R, recover L  
5&6-7-8      Chasse side R, L, R, step L behind R, recover R

## Section 4 (8 counts)

**(STEP FORWARD, POINT , REPLACE)x 2, (CROSS, LOCK)x2, CROSS, STEP**

1&2-3&4      Step forward L, move R to R side on ball without weight, replace weight to L. Step forward R, move L to L side on ball without weight, replace weight to R  
5&6&7-8      (Cross L in front of R, lock R on ball without weight)x2, cross L in front of R, step R next to L

Start all over again!

Be happy & Enjoy Dancing with Betty Dance!