

Lambada Remix PPCS

拍數: 56 牆數: 4 級數: Improver
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音樂: Lambada - REMIX (DJ PHILIP ALARICO)



Dance starts from vocals

*No Tags / No Restarts

SEC 1: SIDE ROCK, RECOVER, IN PLACE CHA CHA (R-L)

1-2 Step RF to R, recover on L
3&4 In place triple step, R-L-R
5-6 Step LF to L, recover on R
7&8 In place triple step, L-R-L (weight on L)

SEC 2: 1/4 TURN R, BACK MAMBO, FWD SHUFFLE, FWD MAMBO, COASTER STEP

1&2 ¼ turn R, step RF back, recover on L, step RF fwd (3:00)
3&4 Fwd shuffle L-R-L
5&6 Step RF fwd, recover on L, step RF back
7&8 Step LF back, step RF next to LF, step LF fwd

SEC 3: ½ TURN R TRAVELING VOLTA, TOGETHER, CROSS, TOUCH, CROSS, TOUCH

1&2& 1/8 turn R, step RF fwd, step on ball LF slightly behind RF, 1/8 turn R, step RF fwd, step on
ball LF slightly behind RF
3&4& 1/8 turn R, step RF fwd, step on ball LF slightly behind RF, 1/8 turn R, step RF fwd, step LF
next to RF (9:00)
5-8 Cross RF over LF, touch LF to L side, cross LF over RF, touch RF to R side

SEC 4: SIDE ROCK, RECOVER, CROSS SHUFFLE, SIDE ROCK, RECOVER, BEHIND, SIDE, CROSS

1-2 Step RF to R, recover LF on L
3&4 Cross RF over LF, step LF to L, cross RF over LF
5-6 Step LF to L, recover RF on R
7&8 Step LF behind RF, step RF to R, cross LF over RF

SEC 5: MONTEREY ¼ TURN R (2X)

1-4 Point RF out to R, ¼ turn R, step RF next to LF, point LF out to L, step LF next to RF
5-8 Point RF out to R, ¼ turn R, step RF next to LF, point LF out to L, step LF next to RF

SEC 6: LAMBADA BASIC STEPS (4x)

1&2& Step RF onto R side with hip bump to R side (1), step LF onto L side with hip bump to L side
(&), step RF onto R side with hip bumps to R side (2), LF slightly off the floor (&)
3&4& Step LF onto L side with hip bump to L side (1), step RF onto R side with hip bump to R side
(&), step LF onto L side with hip bump to L side (2), RF is slightly off the floor (&)
5&6& REPEAT 1&2&
7&8& REPEAT 3&4&

** Note : While doing the basic lambada steps, do a bit travelling fwd

SEC 7: FWD SHUFFLE (R-L), PIVOT ½ TURN L, SWAYS

1&2 Fwd shuffle R-L-R
3&4 Fwd shuffle L-R-L
5-6 Step RF fwd, ½ turn L, step LF fwd
7-8 Step RF next to LF with sway to R, sway to L (weight on L)

Have fun and happy dancing!

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