

Lambada

拍數: 56 牆數: 2 級數: Improver
編舞者: Angela (KOR) - March 2025
音樂: Lambada - Kaoma



Intro : 8 Counts

*1 Tag, 2 Restarts

SEQ: 56/ 56/ 56/ 48/ 56/ 48/ Tag / 56

* 1 Tag (4 Count) After Wall 8 (12:00)

Hip Sway 1-2-3-4 (R,L,R,L)

**2 Restarts: (Sections 1,2,3,4,6,7) After Wall 3, 6 (6:00)

1) Double Cuban

1&2& RF Cross rock , recover LF, RF to side, recover LF
3& 4 RF Cross rock , recover LF, RF slightly forward
5&6& LF Cross rock , recover RF, LF to side, recover RF
7& 8 LF Cross rock , recover RF, LF slightly forward

2) Side, Together ,Side Mombo

1-2 RF Side to right, Together Lf to RF
3&4 RF Side to right ,Recover L, Together Rf to LF
5-6 LF Side to left, Together RF next to LF
7&8 LF Side to leftt ,Recover RF, Together Lf to RF

3) Side Rock Recover, Cross Shuffle

1-2 RF side rock , recover LF 3&4 Cross shuffle to left crossing in front
5-6 LF side rock , recover RF 7&8 Cross shuffle to right crossing in front

4) Pivot 1/4 Turn, Cross Shuffle, Side Rock, 1/4 Turn Sailor

1-2 RF fwd walk, left 1/4 turn 3&4 Cross shuffle to left crossing in front
5-6 LF fwd walk, right 1/4 turn 7&8 LF behind Right While Turning, 1/4 turn RF out LF out

5) Rolling Vine Turn

1-2-3-4 1/4turn RF Fwd, 1/2 LF Back, 1/4turn RF to R, Touch LF to R
5-6-7-8 1/4turn LF Fwd, 1/2 RF Back, 1/4turn LF to L, Touch RF to L

6) Forward Rock, Back Shuffle, Side Rock, Coster

1-2 RF Fwd rock, recover LF
3&4 RF bwd, LF beside RF, RF bwd
5-6 LF side rock recover RF
7&8 LF bwd, RF beside left, RF Fwd

7) Pivot 1/2 Turn, 1/2 Turn Back Shuffle, Side Rock, Side Shuffle

1-2 RF Fwd walk, pivot 1/2turn left
3&4 1/2 turn step R forward, step L beside lright, step R backward
5-6 LF side rock , recover RF
7&8 LF side ,together RF, side LF

* 1 Tag (4 Count) After Wall 8 (12:00)

Hip Sway 1-2-3-4 (R,L,R,L)

**2 Restarts: (Sections 1,2,3,4,6,7) After Wall 3, 5 (6:00)

Have fun dancing~~~♡♡♡

Last Update: 17 Mar 2025
