

Bamba

拍數: 48 牆數: 4 級數: Phrased Improver
編舞者: Endang Suryati (INA) - March 2025
音樂: BAMBAMBA - Tiago Raul



Seq : AAB AAB AAB A - (Ending with change step on Sailor step without 1/2 turn)

No Tag No Restart
Start on vocal

PART A: 32c

Sec. I : WALK FWD R L - SIDE MAMBO FWD - ROCK - RECOVER - TURN 1/2 LEFT CHASSE

1 - 2 Walk Foward RF (1), walk foward LF (2)
&34 Rock RF out to side (&), recover weight onto LF (3), step RF foward (4)
5 - 6 Rock LF foward (5), recover weight onto RF (6)
7 & 8 1/4 turn left step LF to side (7), step RF together (&), 1/4 turn left step LF foward (8)

Sec. II : STEP FWD - 1/4 TURN LEFT CROSS SHUFFLE - SAMBA WHISK L R

1 - 2 Step RF foward (1), 1/4 turn left to step LF to side (2)
3 & 4 Cross RF over LF(3), step LF to side (&), cross RF over LF 4)
5 a6 Step LF to left side (5), step ball RF behind LF (a), step LF in place (6)
7 a8 Step RF to right side (7), step ball LF behind RF (a), step RF in place (8)

Sec. III : DOROTHY STEP L R - ROCK FWD - RECOVER - COASTER STEP

12& Step LF foward to left diagonal (1), lock RF behind LF (2), step LF foward (&)
34& Step RF foward to right diagonal (3), lock LF behind RF (4), step RF foward (&)
5 - 6 Rock LF foward (5), recover weight onto RF (6)
7&8 Step LF back (7), step RF together LF (&), step LF foward (8)

Sec. IV : CROSS SAMBA - SYNCOPATED WEAVE - KNEE POP - 1/2 TURN LEFT SAILOR STEP

1&2 Cross RF over LF (1), step LF to side (&), step RF in place (2)
3&4& Cross LF over RF (3), step RF to side (&), cross LF behind RF (4), step RF to side (&)
5&6 Cross LF over RF (5), pop knees foward (&), return knees to center taking weight on RF (6)
7&8 1/2 Turn left step LF behind RF (7),step RF in place (&), step LF foward (8)

PART B: 16c

Sec. I : PRISSY WALK R L - SLIDE - HOLD - 1/4 TURN LEFT DIAMOND

1 - 2 Cross RF over LF (1), hold (2)
3 - 4 Cross LF over RF (3), hold (4)
5 - 6 Slide RF to side (5), hold (6)
7 & 8 1/8 turn left step LF diagonal back (7), step RF back (&), 1/8 turn left step LF side (8)

Sec. II : WALK FWD R L - STEP FWD - KICK BACK - STEP BACK - TOUCH

1 - 2 Walk RF foward (1), hold (2)
3 - 4 Walk LF foward (3), hold (4)
5 - 6 Step RF foward (5), LF kick back (6)
7 - 8 Step LF back (7), touch RF nBAMBAMBA