

La Bamba

拍數: 56 牆數: 4 級數: Improver
編舞者: Tracie Lee (AUS)
音樂: La Bamba - Clay Walker



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- 1-4 Rock forward on right, rock back on left, turn ½ right & step right forward hold
5-8 Rock forward on left, rock back on right, turn ½ turn left & step left forward hold
- 1-4 Step right forward, pivot ½ turn left taking weight to left, step right forward, hold
5-8 Step left forward, pivot ¼ turn right, step left forward, pivot ¼ turn right taking weight to the right foot
- 1-6 Step left across right, step right to right side, step left behind right, step right to right side, step left across right, step right to right side
7-8 Rock back on left behind right, rock forward on right
- 1-4 Step left forward at 45 degrees left, lock right behind left, step left forward at 45 degrees left, tap right beside left
5-8 Step right forward at 45 degrees and bump hips right, bump hips left, bump hips right, hold
- 1-8 Repeat above 8 counts (lock step & hip bumps)
- 1-4 Rock left forward across right, rock back onto right turn ¼ turn left & step left forward, hold
5-8 Step right to right side, step left behind right, rock right to right, replace weight on left
- The following 8 counts should travel to the left**
- 1-4 Kick right across left twice, step ball of right to right side, step left to left side
5-8 Repeat above 4 counts (kick, kick, side, side)

REPEAT
