

La Bomba (P)

拍數: 32 牆數: 0 級數: Partner
編舞者: Susan Brooks (USA) & Harry Brooks (USA)
音樂: La Bomba (Spanglish Version) - Ricky Martin



Position: Partners begin with ladies outside LOD facing men inside LOD, palm to palm

Song is also on the CD "Vuelve"

Start after 16 count intro. This dance goes nowhere at all. You will be on opposite sides at the beginning of each repetition..

LINDY RHYTHM BASIC

1&2 **MAN:** Step left, together right, step left
 LADY: Step right, together left, step right
3-4 **MAN:** Rock back right, recover left
 LADY: Rock back left, recover right
5&6 **MAN:** Step right, together left, step right
 LADY: Step left, together right, step left
7-8 **MAN:** Rock back left, recover right
 LADY: Rock back right, recover left

Lady crossing under man's left arm switching places

TWO SHUFFLES, ROCK STEP, CHA-CHA-CHA

9&10 **MAN:** Step forward left, right, left
 LADY: Step forward right, left, right
11&12 **MAN:** Step right, left, right, turning ½ left to face your partner
 LADY: Step left, right, left, turning ½ right to face your partner
13-14 **MAN:** Rock back left, recover right facing your partner palm to palm
 LADY: Rock back right, recover left facing your partner palm to palm
15&16 **MAN:** Bump hips left, right, left
 LADY: Bump hips right, left, right,

3 SHUFFLES FORWARD LOD: SIDE TOGETHER SIDE, FORWARD LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA

Still palm to palm

17&18 **MAN:** Step right to right, together left, step right
 LADY: Step left, to left, together right, step left

Holding man's left and lady's right, release forward hands and turn towards LOD

SHUFFLE FORWARD LOD EXTENDING HELD HANDS

19&20 **MAN:** Stylishly forward left, right, left face your partner palm to palm
 LADY: Shuffle forward LOD right, left, right face your partner palm to palm
21&22 **MAN:** Shuffle to side, right, left, right
 LADY: Shuffle to the side left, right, left
23&24 **MAN:** Bump hips left, right, right
 LADY: Bump hips, right, left, left

3 SHUFFLES BACK LOD: SIDE TOGETHER SIDE, ARMS EXTENDED BACK LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA

25&26 **MAN:** Step left to left, together right, step left
 LADY: Step right to right, together left, step right

EXTENDING HELD HANDS, MANS RIGHT AND LADIES LEFT, RELEASE (BACK) FORWARD HANDS

27&28 **MAN:** Shuffle back LOD right, left, right

LADY: Shuffle back LOD left, right, left

Face your partner palm to palm

29&30 **MAN:** Shuffle to side left, right, left

LADY: Shuffle to side right, left, right

31&32 **MAN:** Bump hips right, left, right

LADY: Bump hips left, right, left

REPEAT

FOR A MIXER:

On counts 31&32, man steps right-together-right while turning lady in a right underarm turn to her right to face new partner left-right-left. This results in changing only with the partners next to you, and back to your original partner with the next repetition.
