

Lambada

拍數: 0 牆數: 1 級數: Intermediate
編舞者: Irene Groundwater (CAN)
音樂: Lambada - La Hermoza



Sequence: AB, AB, AB, CB, ABC, BC 'til music ends

PART A

TURNING RIGHT, FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)

Lambada steps in figure eight formation turning steps are on forward steps for 24 counts. On counts 1-12, turn is to the right. On counts 13-24, turn is to the left)

1&2 Right forward turning 1/6th turn to the right, side step left, replace right
3&4 Left forward turning 1/6th turn to the right, side step right, replace left
5-12 Repeat steps 1-4 twice

This completes one full turn to the right

Option: six forward walks with holds - making full turn right on steps

TURNING LEFT, FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)

13&14 Right forward turning 1/6th turn to the left, side step left, replace right
15&16 Left forward turning 1/6th turn to the left, side step right, replace left
17-24 Repeat steps 13-16 twice

This completes one full turn to the left

Option: six forward walks with holds - making full turn left on steps

PART B

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

1 Sway diagonal. Forward on right foot bending right knee and dipping right shoulder forward
2 Continue sway straightening right knee and raising right shoulder
3 Sway diagonal back onto left foot bending left knee and dipping left shoulder back
4 Continue sway straightening left knee and raising left shoulder

Option: on counts 1&2, lower right heel, lower left heel, lower right heel

Option: on counts 3&4, lower left heel, lower right heel, lower left heel

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

5-8 Repeat above counts 1-4

RIGHT ROLLING VINE (¼, ½, ¼) WITH A TOUCH

9-10 Right step into ¼ right stepping forward, left foot into ½ right stepping back
11-12 Right step into ¼ right stepping side right, touch left toe to right instep

Option: clap hands twice on counts &12

Option: right vine with touch

LEFT ROLLING VINE (¼, ½, ¼) WITH A TOUCH

13-14 Left step into ¼ left stepping forward, right foot into ½ left stepping back
15-16 Left step into ¼ left stepping side left, touch right toe to left instep

Option: clap hands twice on counts &16

Option: left vine with touch

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

- 17 Sway diagonal. Forward on right foot bending right knee and dipping right shoulder forward
18 Continue sway straightening right knee and raising right shoulder
19 Sway diagonal back onto left foot bending left knee and dipping left shoulder back
20 Continue sway straightening left knee and raising left shoulder

Option: on counts 17&18, lower right heel, lower left heel, lower right heel

Option: on counts 3&4, lower left heel, lower right heel, lower left heel

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

- 21-24 Repeat above counts 17-20

SIDE STEP, DRAG, BEHIND, IN PLACE

- 25-26-27 Side step right, drag left towards right for 2 counts
&28 Left behind right, right steps in place

SIDE STEP, DRAG, POINT RIGHT. TOE BEHIND LEFT. FOOT & POINT RIGHT HAND ACROSS BODY TO LEFT, HOLD

- 29-30 Side step left, drag
31 Point right toe to the left behind left foot & cross right arm across front of body pointing right hand to the left
32 Hold

PART C

SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP

- & Side step right
1-2& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
3-4& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP

- 5-6& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
7-8& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP

- 9-10& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
11-12& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, TOUCH

- 13-14& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
15 Left forward making 1/8 turn left as right hip rotates left in a circle for 1 count
16 Right toe touches to left instep

Option: hold right arm above head and left hand of left hip for pattern C
