

Lambada Rio

拍數: 120 牆數: 4 級數: Intermediate/Advanced
編舞者: Abby Mina (CAN)
音樂: Lambada - Kaoma



LAMBADA BASICS, 3 STEP TURNS, SHUFFLES SIDEWAYS

Styling Note: When doing the Lambada Basic on the spot, there must be a lot of hips action swaying from side to side resulting from putting pressure on the inside edge of balls/heels and making sure that knees are bend and relax, hips must be loose and moving all the time.

- 1&2 Step right, left, right rocking your weight from side to side (hips are moving right, left, right)
3&4 Step left, right, left rocking your weight from side to side (hips are moving left, right, left)
5&6 Repeating #1&2
7&8 Repeating #3&4
- 1-4 Step right making $\frac{1}{4}$ turn to right, step left foot to side as body makes $\frac{1}{2}$ to right, another $\frac{1}{2}$ to right, turning from left leg and stepping right foot to right side complete the turn. Touch left toe to left side
5&6 Shuffle sideways left, right, left
7&8 Shuffle sideways right, left, right
- 1-16 Repeating everything to the left side, but starting Lambada Basics with the left foot, etc

JAZZ JUMP TO FRONT/BACK WITH CLAPS, SHUFFLE SIDEWAYS RIGHT, LEFT, RIGHT/LEFT, RIGHT, LEFT

- &1-2 Jazz jump front stepping right foot to right side, left foot stepping to left side, clap with both hands
&3-4 Jazz jump back stepping right foot to right side, stepping left foot to left side, clap with both hands
5&6 Shuffle to side right, left, right
7&8 Shuffle to side left, right, left

CORTA JACA FORWARD/BACKWARD

- 1& Step right foot forward, step left heel forward with pressure on the heel
2& Step right foot toward the left foot, step left foot diagonally to side & slightly back with pressure on left toe
3& Step right foot toward the left foot diagonally back, step left heel forward with pressure on the heel
4 Step right foot toward the left foot
5& Step left foot back, step right toe backward with pressure on the heel
6& Step left foot toward the right foot, step right foot diagonally to side & slightly back with pressure on the right toe
7& Step left foot toward the right foot diagonally forward, step right toe backward with pressure on the right toe
8 Step left foot toward the right foot

HIP SWAY WITH DIAGONAL SIDESTEP RIGHT, BASIC GRAPEVINE TO LEFT, $\frac{1}{4}$ BODY TO RIGHT, HIP SWAY SIDESTEP LEFT

- 1-2 Step right foot to right side, swaying right hip to right side, step left foot to left side replacing weight to left foot
3&4 Cross step right foot behind left foot, step left foot to left side, cross right foot over the left foot
5-6 Step left foot to left side as body makes a $\frac{1}{4}$ turn to right swaying left hip to left side, step right foot to right side replacing weight to right foot

- 7&8 Cross step left foot behind right foot, step right foot to right side, cross left foot over the right foot
- 1-8 Repeating the same sequence above for the 2nd time.

TOUCH RIGHT TOE (2X) TO RIGHT SIDE; GRAPEVINE TO LEFT; PADDLE TURNS WITH HIP ROLL TO RIGHT MAKING 1/8 OF A TURN SLOWLY TO RIGHT(4X); CONTINUOUS CHASSE' DIAGONALLY TO LEFT & RIGHT; TOUCH LEFT TOE(2X) TO LEFT SIDE; GRAPEVINE TO RIGHT; PADDLE TURNS WITH HIP ROLL TO LEFT MAKING 1/8 OF A TURN SLOWLY TO LEFT(4X); CONTINUOUS CHASSE' DIAGONALLY TO LEFT & RIGHT

- 1-2 Touch right toe to right side
- 3&4 Cross step right behind left foot, sidestep left to left side, cross step right over left foot
- 5-8 Touch left toe to left side with pressure on the ball of the foot with the left foot, body slowly making 1/8 to the right, turning from the right leg keeping the right leg inside the circle with pressure on the ball of the right foot
- 1-4 Same as 5-8
- 5&6&7&8 Continuous chasse' traveling diagonally to left, body is facing 10:00, step left foot diagonally forward, right foot is following from behind closing toward the left foot, step left foot diagonally forward, right foot is following from behind closing toward the left foot
- 1&2&3&4 Change body direction to the right, body is now facing 2:00 and repeat the same series of steps this time starting with right foot. Repeating #5&6&7&8
- 5-6 Touch left toe to left side
- 7&8 Cross step left behind right foot, sidestep right to right side, cross step left over right foot
- 1-4 Touch right toe to right side with pressure on the ball of the foot with the right foot, body slowly making 1/8 to the left, turning from the left leg keeping the left leg inside the circle with pressure on the ball of the left foot
- 5-8 Same as 1-4
- 1&2&3&4 Continuous chasse' traveling diagonally to right, body is facing 2:00, step right foot diagonally forward, left foot is following from behind closing toward the right foot, step right foot diagonally forward, left foot is following from behind closing toward the right foot
- 5&6&7&8 Change body direction to the right, body is now facing 2:00 and repeat the same series of steps this time starting with right foot. Repeating #1&2&3&4

LAMBADA BASIC ROCKING STEPS IN PLACE TURNING ½ TO RIGHT; ROLLING GRAPEVINE TO RIGHT TURNING ½ TO LEFT; PADDLE TURN ¼ TO THE LEFT STARTING WITH FEET APART

- 1&2 Right foot step in place, left foot step in place, replace weight back to right foot
- 3&4 Left foot step in place, right foot step in place, replace weight back to left foot
- 5&6 Right foot step in place, left foot step in place, replace weight back to right foot
- 7&8 Turning ½ to right, step left foot to left side, replace weight back to right foot, replace weight back to left foot
- 1-2-3-4 Step right foot to right side, step left foot behind right foot, step right foot to right side, body turning ½ to right as left foot step to left side
- 5&6&7&8 With weight on the left leg, point right toe to right side and raised the right leg up with knee bend to a hitching position and do 1/8 of a turn to left and repeating this action for 3 more times, end with right toe pointing to right side on count 8

REPEAT
