

Latin Lambada

拍數: 48 牆數: 4 級數: Improver
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音樂: Lambada - Kaoma



ROCK FORWARD, SHUFFLE BACK, ROCK BACK, RIGHT FULL TURN

1-2 Rock forward on right foot, rock back on left foot
3&4 Shuffle back right, left, right
5-6 Rock back on left foot, rock forward on right foot
7-8 Make a full turn over right shoulder, stepping left then right

ROCK AND COASTER, HIP ROLLS

9-10 Rock forward on left foot, rock back on right foot
11&12 Left coaster step stepping back left, back right and forward left
13-14 2 hip rolls to the right
15-16 2 hip rolls to the left

17-32 Repeat 1-16

ROCK BACK, RIGHT CROSSING SHUFFLE, ROCK BACK, LEFT CROSSING SHUFFLE

33-34 Rock back on the right foot, rock forward on the left foot
35&36 Cross right over left, step to left side with left foot, step to left with right foot crossed over left
37-38 Rock back left, rock forward right
39&40 Cross left over right, step to right side with right foot, step to right with left foot while crossed over right

4 STEP PIVOTS TO MAKE A ¾ TURN.

41-42 Step forward on right foot, pivot round to left
43-48 Repeat 41-42 until a ¾ turn has been made

REPEAT
