拍數： 0
嚆數： 4
級數：Intermediate／Advanced
編舞者：Jeni Roution \＆Bryan McWherter（USA）
音樂：La Bamba－Clay Walker

Sequence：A，A，A，A，B，A，B<br>PART A<br>STEP，ROCK，RECOVER，STEP，STEP，STEP，TOUCH，STEP<br>1－2 Step left foot to left side，rock right foot behind left<br>3－4 Recover weight forward onto left，step right to right side<br>5－6 Step left foot next to right，step right foot to right side<br>7－8 Touch left toe next to right foot，step left foot next to right

## JAZZ BOX，JAZZ BOX ½ TURN

1－2 Cross step right foot over left，step left foot slightly back
3－4 Step right foot slightly out to the right，step left foot next to right
5－6 Cross step right foot over left，step left foot slightly back
7－8 Step right foot $1 / 2$ turn back to your right，step left foot next to right
WALK，HOLD，WALK，HOLD，JAZZ BOX ½ TURN，STEP
1－4 Step right foot forward，hold，step left foot forward，hold
5－6 Cross step right foot over left，step left foot slightly back
7－8 Step right foot $1 / 2$ turn back to your right，step left foot slightly forward

## $1 ⁄ 2$ TURN，STEP，STEP，KICK，STEP，CROSS，STEP，KICK，STEP

1－2 Turn $1 / 2$ turn right step forward on right，step left next to right
3－4 Kick right foot slightly forward，step right foot slightly back
5－6 Cross step left over right，step right slightly to right
7－8 Kick left foot slightly forward，step left foot slightly back
CROSS，STEP，KICK，ROCK，STEP，STEP， $3 / 4$ TURN，STEP，BRUSH
1－2 Cross step right over left，step left slightly to left
3－4 Kick right foot forward，rock right foot back
5－6 Recover forward on left，step right foot forward turn $3 / 4$ to your left
7－8 Step left in place，brush right foot next to left
Counts $6-8$ are kind of a rock step turn．On count 6 you want to transfer your weight to your right foot and turn $3 / 4$ left，left step in place for 7 ，brush right next to left

## STEP，LOCK，STEP，BRUSH，STEP，LOCK，STEP，TOUCH

1－2 Right step slightly forward to right diagonal，lock left behind right
3－4 Right step slightly forward to right diagonal，brush left foot next to right
5－6 Left step slightly forward to left diagonal，lock right behind left
7－8 Left step slightly forward to left diagonal，touch right foot next to left

## ½ MONTEREY TURN，HOOK，LONG STEP，SLOW DRAG，ROCK

| 1－2 | Touch right toe out to right side，make $1 / 2$ turn to right by pivoting on left bring right into place <br> putting weight on it |
| :--- | :--- |
| $3-4$ | Touch left toe out to left side，hitch left knee behind |
| 5 | Long step left to left side |
| $6-7$ | Slowly drag right foot to left for counts（6－7） |
| 8 | Rock right slightly to right side |

This is the end of Part A. From here count one is the recover from your rock.

## PART B

CROSS STEP, HOLD, STEP, HOLD, STEP, STEP TOGETHER, SWIVEL CENTER, HOLD
1-2 Cross step left $1 / 4$ turn to right over right foot, hold
3-4 Step right foot forward, hold
5-6 Step left foot forward, step right next to left
7-8 Pivoting on the balls of both feet make a $1 / 4$ turn to your left, hold
Now facing line of dance. Keep weight on left foot!
CROSS STEP, HOLD, STEP, HOLD, CROSS $111 / 4$ TURN, TOUCH
1-2 Cross step right $1 / 4$ turn to left over left foot, hold
3-4 Step left foot forward, hold
5-6 Step right foot $1 / 4$ to right, step left foot forward and make a $1 / 4$ turn to right
7-8 Step right foot forward $1 / 2$ turn to your right, make a $1 / 4$ turn to your right touch your left toe out to left side
Where you should end up facing on each count:
You start off $1 / 4$ turn left from the 12:00 wall
Count 5-12:00 wall, count $6-3: 00$ wall
Count 7-9:00 wall, count $8-12: 00$ wall
SAILOR STEPS, KICK, STEP, KICK, STEP, KICK, STEP CROSS
1\&2 Cross step left behind right, step right slightly out to right side, step left slightly to left
$3 \& 4$
5\&
Cross step right behind left, step left slightly out to left side, step right slightly to right
Kick left foot slightly forward, step down onto left
6\& Kick right foot slightly forward, step down onto right
7\& Kick left foot slightly forward, step down onto left
8
Cross step right foot over left

