

# La Bilirrubina

拍數: 64      牆數: 4      級數: Improver - salsa  
編舞者: Roosamekto Mamek (INA) - December 2012  
音樂: La Bilirrubina - Juan Luis Guerra



Intro: 16 count

## ROCKING CHAIR, BACK LOCK SHUFFLE

1-2            Step R forward – Recover to L  
3-4            Step R back – Recover to L  
5-6            Step R forward – Recover to L  
7&8            Step R back – Lock L over R – Step R back

## ROCKING CHAIR, FORWARD LOCK SHUFFLE

1-2            Step L back – Recover to R  
3-4            Step L forward – Recover to R  
5-6            Step L back – Recover to R  
7&8            Step L forward – Lock R behind L – Step L forward

## WALK FORWARD, FORWARD MAMBO

1-2            Step R forward – Step L forward  
3-4            Step R forward – Step L forward  
5-6            Step R forward – Step L forward  
7&8            Rock R forward – Recover to L – Step R together

## WALK BACK, BACK MAMBO

1-2            Step L back – Step R back  
3-4            Step L back – Step R back  
5-6            Step L back – Step R back  
7&8            Rock L back – Recover to R – Step L together

## SIDE, RECOVER, CHA CHA ON THE SPOT

1-2            Step R to side – Recover to L  
3&4            Step R together – Step L in place – Step R in place  
5-6            Step L to side – Recover to R  
7&8            Step L together – Step R in place – Step L in place

## V STEP, JAZZ BOX ¼ TURN RIGHT

1-2            Step R diagonally forward – Step L diagonally forward  
3-4            Step R back to centre – Step L together  
5-6            Cross R over L – Turn ¼ right step L back  
7-8            Step R to side – Step L together

## HOOK

1-2            Cross R over L – Step L back and slide R forward  
3-4            Step R in place – Sweep L from back to front  
5-6            Cross L over R – Step R back and slide L forward  
7-8            Step L in place – Sweep R from back to front

## HEEL FORWARD, ¼ TURN LEFT, COASTER STEP

1-2            Step R heel forward – Turn ¼ left step R back  
3&4            Step L back – Step R together – Step L forward

5-6 Step R heel forward – Turn  $\frac{1}{4}$  left step R back  
7&8 Step L back – Step R together – Step L forward

**REPEAT**

**TAG: End of wall 2 (facing 6:00)**

1-2 Step R to side bump hips to right – Bump hips to left  
3-4 Bump hips to right – Bump hips to left

**TAG: On wall 7 (facing 6:00) dance until 32 counts then do this 4 count Tag.**

1-2 Step R heel forward – Turn  $\frac{1}{4}$  left step R back  
3&4 Step L back – Step R together – Step L forward

**Contact: [Roosamekto.Nugroho@gmail.com](mailto:Roosamekto.Nugroho@gmail.com)**

---