

La Bamba EZ

Count: 32

Wand: 4

Ebene: Absolute Beginner / Beginner

Choreograf/in: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 10 June 2023

Musik: La Bamba - Los Lobos



Start : 7s. approximately (On the lyrics 'Bamba') No Tag – No Restart

Choreography written following a request for an initiation

[1-8] Mambo, Mambo, Side, Mambo, Side, Mambo

- 1&2 RF FW, Recover to LF, RF Back
- 3&4 LF Back, Recover to RF, LF FW
- 5&6 RF to the R side, Recover to LF, RF next to LF
- 7&8 LF to the L side, Recover to RF, LF next to RF

[9-16] Side, Together, Side, Touch, Side, Together, ¼ L, Together

- 1-2 RF to the R side, LF next to RF
- 3-4 RF to the R side, Touch LF next to RF
- 5-6 LF to the L side, RF next to LF
- 7-8 Make ¼L with LF FW, RF next to LF

[17-24] Swivel R, Hold, Swivel L, Hold

- 1-2-3-4 Swivel both heels R, swivel both toes R, swivel both heels R, hold
- 5-6-7-8 Swivel both heels L, swivel both toes L, swivel both heels L, hold (Option Hold with Clap)

[25-32] Toe-Strut Backx2, Toe-Strut FWx2

- 1-2 Point RF back, Drop R heel down
- 3-4 Point LF back, Drop L heel down
- 5-6 Point RF FW, Drop R heel down
- 7-8 Point LF FW, Drop L heel down

Option 1 Wall [9-16] Side, Together, Side, Touch, Side, Together, Side, Together

- 1-2 RF to the R side, LF next to RF
- 3-4 RF to the R side, Touch LF next to RF
- 5-6 LF to the L side, RF next to LF
- 7-8 LF to the L side, RF next to LF

Smile and enjoy the dance

Contact : maellynedance@gmail.com

Last Update - 12 June 2023