

# La Bomba (P)

Count: 32

Wand: 0

Ebene: Partner

Choreograf/in: Susan Brooks (USA) & Harry Brooks (USA)

Musik: La Bomba (Spanglish Version) - Ricky Martin



**Position:** Partners begin with ladies outside LOD facing men inside LOD, palm to palm

**Song** is also on the CD "Vuelve"

**Start** after 16 count intro. This dance goes nowhere at all. You will be on opposite sides at the beginning of each repetition..

## LINDY RHYTHM BASIC

- 1&2      **MAN:** Step left, together right, step left  
          **LADY:** Step right, together left, step right
- 3-4      **MAN:** Rock back right, recover left  
          **LADY:** Rock back left, recover right
- 5&6      **MAN:** Step right, together left, step right  
          **LADY:** Step left, together right, step left
- 7-8      **MAN:** Rock back left, recover right  
          **LADY:** Rock back right, recover left

**Lady crossing under man's left arm switching places**

## TWO SHUFFLES, ROCK STEP, CHA-CHA-CHA

- 9&10      **MAN:** Step forward left, right, left  
          **LADY:** Step forward right, left, right
- 11&12      **MAN:** Step right, left, right, turning ½ left to face your partner  
          **LADY:** Step left, right, left, turning ½ right to face your partner
- 13-14      **MAN:** Rock back left, recover right facing your partner palm to palm  
          **LADY:** Rock back right, recover left facing your partner palm to palm
- 15&16      **MAN:** Bump hips left, right, left  
          **LADY:** Bump hips right, left, right,

## 3 SHUFFLES FORWARD LOD: SIDE TOGETHER SIDE, FORWARD LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA

**Still palm to palm**

- 17&18      **MAN:** Step right to right, together left, step right  
          **LADY:** Step left, to left, together right, step left

**Holding man's left and lady's right, release forward hands and turn towards LOD**

## SHUFFLE FORWARD LOD EXTENDING HELD HANDS

- 19&20      **MAN:** Stylishly forward left, right, left face your partner palm to palm  
          **LADY:** Shuffle forward LOD right, left, right face your partner palm to palm
- 21&22      **MAN:** Shuffle to side, right, left, right  
          **LADY:** Shuffle to the side left, right, left
- 23&24      **MAN:** Bump hips left, right, right  
          **LADY:** Bump hips, right, left, left

## 3 SHUFFLES BACK LOD: SIDE TOGETHER SIDE, ARMS EXTENDED BACK LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA

- 25&26      **MAN:** Step left to left, together right, step left  
          **LADY:** Step right to right, together left, step right

## EXTENDING HELD HANDS, MANS RIGHT AND LADIES LEFT, RELEASE (BACK) FORWARD HANDS

- 27&28      **MAN:** Shuffle back LOD right, left, right

**LADY:** Shuffle back LOD left, right, left

**Face your partner palm to palm**

29&30 **MAN:** Shuffle to side left, right, left

**LADY:** Shuffle to side right, left, right

31&32 **MAN:** Bump hips right, left, right

**LADY:** Bump hips left, right, left

**REPEAT**

**FOR A MIXER:**

On counts 31&32, man steps right-together-right while turning lady in a right underarm turn to her right to face new partner left-right-left. This results in changing only with the partners next to you, and back to your original partner with the next repetition.

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