

# La Bamba EZ

Count: 32

Wall: 4

Level: Absolute Beginner / Beginner

Choreographer: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 10 June 2023

Music: 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**

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**Last Update - 12 June 2023**