

Lambada

Count: 0

Wall: 1

Level: Intermediate

Choreographer: Irene Groundwater (CAN)

Music: Lambada - La Hermoza



Sequence: AB, AB, AB, CB, ABC, BC 'til music ends

PART A

TURNING RIGHT, FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)

Lambada steps in figure eight formation turning steps are on forward steps for 24 counts. On counts 1-12, turn is to the right. On counts 13-24, turn is to the left)

1&2 Right forward turning 1/6th turn to the right, side step left, replace right

3&4 Left forward turning 1/6th turn to the right, side step right, replace left

5-12 Repeat steps 1-4 twice

This completes one full turn to the right

Option: six forward walks with holds - making full turn right on steps

TURNING LEFT, FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)

13&14 Right forward turning 1/6th turn to the left, side step left, replace right

15&16 Left forward turning 1/6th turn to the left, side step right, replace left

17-24 Repeat steps 13-16 twice

This completes one full turn to the left

Option: six forward walks with holds - making full turn left on steps

PART B

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

1 Sway diagonal. Forward on right foot bending right knee and dipping right shoulder forward

2 Continue sway straightening right knee and raising right shoulder

3 Sway diagonal back onto left foot bending left knee and dipping left shoulder back

4 Continue sway straightening left knee and raising left shoulder

Option: on counts 1&2, lower right heel, lower left heel, lower right heel

Option: on counts 3&4, lower left heel, lower right heel, lower left heel

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

5-8 Repeat above counts 1-4

RIGHT ROLLING VINE (¼, ½, ¼) WITH A TOUCH

9-10 Right step into ¼ right stepping forward, left foot into ½ right stepping back

11-12 Right step into ¼ right stepping side right, touch left toe to right instep

Option: clap hands twice on counts &12

Option: right vine with touch

LEFT ROLLING VINE (¼, ½, ¼) WITH A TOUCH

13-14 Left step into ¼ left stepping forward, right foot into ½ left stepping back

15-16 Left step into ¼ left stepping side left, touch right toe to left instep

Option: clap hands twice on counts &16

Option: left vine with touch

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

- 17 Sway diagonal. Forward on right foot bending right knee and dipping right shoulder forward
- 18 Continue sway straightening right knee and raising right shoulder
- 19 Sway diagonal back onto left foot bending left knee and dipping left shoulder back
- 20 Continue sway straightening left knee and raising left shoulder

Option: on counts 17&18, lower right heel, lower left heel, lower right heel

Option: on counts 3&4, lower left heel, lower right heel, lower left heel

SWAY DIAGONAL FORWARD BEND RIGHT KNEE & DIP RIGHT SHOULDER, STRAIGHTEN RIGHT KNEE & SHOULDER SWAY DIAGONAL BACK BEND LEFT KNEE & DIP LEFT SHOULDER, STRAIGHTEN LEFT KNEE & SHOULDER

- 21-24 Repeat above counts 17-20

SIDE STEP, DRAG, BEHIND, IN PLACE

- 25-26-27 Side step right, drag left towards right for 2 counts
- &28 Left behind right, right steps in place

SIDE STEP, DRAG, POINT RIGHT. TOE BEHIND LEFT. FOOT & POINT RIGHT HAND ACROSS BODY TO LEFT, HOLD

- 29-30 Side step left, drag
- 31 Point right toe to the left behind left foot & cross right arm across front of body pointing right hand to the left
- 32 Hold

PART C

SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP

- & Side step right
- 1-2& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
- 3-4& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP

- 5-6& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
- 7-8& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP

- 9-10& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
- 11-12& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right

1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, TOUCH

- 13-14& Left forward making 1/8 turn left as right hip rotates left in a circle for 2 counts, side step right
- 15 Left forward making 1/8 turn left as right hip rotates left in a circle for 1 count
- 16 Right toe touches to left instep

Option: hold right arm above head and left hand of left hip for pattern C
