# La Mala Y La Buena（The Bad And The <br> Good） 

Compte： 64
Mur： 2
Niveau：Phrased Intermediate
Chorégraphe：Vincent Dijks（NL）－February 2017
Musique：La Mala Y La Buena（feat．Gente de Zona）－Alex Sensation


## Sequence $\square \square: \square A$, Tag1，B＊，A，Tag 1，B28\＆，A，Tag1，B，Tag1，B，B＊，Tag2，A，B Info $\square \square$ ：$\square$ Intro 32 counts

## PART A： 32 COUNTS

## A1：Cross Samba x 2，Cross Shuffle，Ball，Cross Samba

1
\＆
2
3
\＆
4
5
\＆
6
\＆
7
\＆
8

LF口cross over
RF $\square$ rock side
LF $\square$ recover
RF口cross over
LF $\square$ rock side
RF口recover
LF■cross over
RF $\square$ step side
LF $\square$ cross over
RF口step side on ball foot
LF $\square$ cross over
RF $\square$ rock side
LF口recover
A2：Cross Samba x 2，Cross Shuffle，Ball，Cross Samba
1 RF口cross over
\＆LF■rock side
2 RF■recover
$3 \quad$ LF■cross over
\＆RF■rock side
4 LF口recover
$5 \quad$ RF口cross over
\＆LF $\square$ step side
$6 \quad$ RF■cross over
\＆LF $\square$ step side on ball foot
$7 \quad$ RF■cross over
\＆LF■rock side
$8 \quad$ RF■recover
A3：Mambo Fwd x2，Side Mambo x2
1 LF $\square$ rock forward
\＆RF口recover
2 LF $\square$ together
dip slightly
3
RF $\square$ rock forward
LF口recover
RF $\square$ together
dip slightly
$5 \quad$ LF $\square$ rock side
\＆
RF口recover

LF $\square$ together
RF $\square$ rock side
LF $\square$ recover
RF $\square$ together
A4: Rocking Chair, Side Mambo (x2)
1 LF $\square$ rock forward
\& RF $\square$ recover
2 LF $\square$ rock back
\& RF $\square$ recover
$3 \quad$ LF $\square$ rock side
RF $\square$ recover
LF $\square$ together
RF $\square$ rock forward
LF $\square$ recover
RF $\square$ rock back
LF $\square$ recover
RF $\square$ rock side
LF $\square$ recover
RF $\square$ touch beside

## PART B: 32 COUNTS

B1: Chassé x2, Cross Back Together, Ext. Step Lock Step Fwd
$1 \quad$ RF $\square$ step side
\& LF $\square$ together
2
1\&2
$3 \quad$ LF $\square$ step side
\& RF $\square$ together
$4 \quad$ LF $\square$ step side
3\&4
$5 \quad$ RF $\square$ cross over
\& LF $\square$ step back
$6 \quad$ RF $\square$ together
\& LF $\square$ step forward
$7 \quad$ RF $\square$ lock behind
\& LF $\square$ step forward
$8 \quad$ RF $\square$ lock behind
\&
LF $\square$ step forward

B2: Samba Whisk x2, Extended Shuffle $1 / 2$ R
RF $\square$ step side
LF $\square$ rock behind
\& RF $\square$ recover
$3 \quad \mathrm{LF} \square$ step side
$4 \quad$ RF $\square$ rock behind
\& LF $\square$ recover
$5 \quad \mathrm{RF} \square 1 / 8$ right, step forward
\& LF $\square$ step beside
$6 \quad R F \square 1 / 8$ right, step forward
\& LF $\square$ step beside
$7 \quad R F \square 1 / 8$ right, step forward
\&

$$
\text { LF } \square \text { step beside }
$$

B3：Rock Across Recover，Rock Side Recover，Rock Across Recover，Side（x2）
1
LF $\square$ rock across
RF口recover
LF $\square$ rock side
RF口recover
LF $\square$ rock across
RF口recover
LF $\square$ step side
RF■rock across
LF口recover
RF $\square$ rock side
LF■recover
RF $\square$ rock across
LF口recover
RF $\square$ step side
B4：Vaudeville x2，Back－Point $x 4$
1 LF口cross over
\＆RF口step slightly right back
2 LF■dig heel left forward
\＆LF $\square$ together
$3 \quad$ RF■cross over
\＆LF■step slightly left back
$4 \quad$ RF $\square$ dig heel right forward
\＆RF■step back
5 LF $\square$ point across
\＆LF■step back
6 RF口point across
\＆RF■step back
7 LF口point across
\＆LF■step back
8 RF口point across
＊＋only after 1st and 5th part B：
\＆RF口together
TAG 1：Hitch，Side／Hip Roll
1 RF口hitch across
2－4 RF口step side and roll hips clockwise
TAG 2：Rock Fwd Recover Recover（x2）
1 LF口rock forward
\＆RF■recover
2 LF口recover
$3 \quad$ RF■rock forward
\＆LF口recover
$4 \quad$ RF口recover
Vincent Dijks－Derailed Dancers－Deraileddancers＠gmail．com

