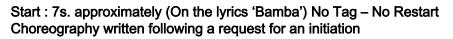
# La Bamba EZ

Compte: 32

#### **Mur:** 4 Niveau: Absolute Beginner / Beginner

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

Musique: La Bamba - Los Lobos



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

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

# [9-16] Side, Together, Side, Touch, Side, Together, 1/4 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 1/4L with LF FW, RF next to LF

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

- Swivel both heels R, swivel both toes R, swivel both heels R, hold 1-2-3-4
- 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

- Point RF back, Drop R heel down 1-2
- 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

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

#### Smile and enjoy the dance

#### Contact : maellynedance@gmail.com

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