

La Bamba EZ

拍数: 32 墙数: 4 级数: Absolute Beginner / Beginner
编舞者: Angéline Fourmage (FR) & Maryse Fourmage (FR) - 10 June 2023
音乐: 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