

La Bomba

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Becky Shenefiel (USA) - April 2025
音乐: La Bomba - Ricky Martin



After they say "La Bomba" count 32 to start dance

S1: R SIDE ROCK, R CROSS SHUFFLE, L SIDE ROCK, L CROSS SHUFFLE

1-2 Step R to R side, recover weight on L
3&4 Cross R over L, step L to left side, cross R over L
5-6 Step L to L side, recover weight on R
7&8 Cross L over R, step R to right side, cross L over R

S2: PIVOT 1/ 2 L, SHUFFLE FWD R, PIVOT 1/ 2 R, SHUFFLE FWD L

1-2 Step R fwd, pivot 1/ 2 left
3&4 Step R fwd, step L beside R, step R fwd
5-6 Step L fwd, pivot 1/ 2 right
7&8 Step L fwd, step R beside L, step L fwd

S3: R FWD & L BACK MAMBO, R & L SIDE MAMBO

1&2 Step fwd on R, lift & recover weight on L, step R beside L
3&4 Step back on L, lift & recover weight on R, step L beside R
5&6 Step R to right side, lift & recover weight on L, step R beside L
7&8 Step L to left side, lift & recover weight on R, step L beside R

S4: PIVOT 1/ 4 L, R CROSS SHUFFLE, HIP BUMP L&R, BUMP L HIP TWICE

1-2 Step fwd R, pivot 1/ 4 left
3&4 Cross R over L, step L to left side, cross R over L
5-6 Step L to L side as you bump out L Hip to left side, bump R hip out to right side
7&8 Bump L hip out to left side, hold, bump L hip out to left side

NO TAGS OR RESTART