

Bailar La Bamba 2025

COPPER **KNOB**
STEPPERS

拍数: 56 墙数: 2 级数: High Improver
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音乐: La Bamba 2k13 (feat. Jota-Efe) - DJ R'AN



SEC 1: SHUFFLE R/L - BACK WALK

1&2 RF step forward, LF lock behind RF, RF stepping forward
3&4 LF step forward, RF lock behind LF, LF stepping forward
5 6 7 8 Back R, Back L, Back R, Step L beside R

SEC 2: SIDE - BEHIND TOUCH - SIDE - BEHIND TOUCH - STEP - POINT L - STEP - POINT R

1234 RF step to R side, touch LF behind RF(8), LF step to L side, touch RF behind LF
5678 Step forward on RF, Point LF to L side, Step Back on LF, Point RF to R side

*_Restart Here_ *on wall 3 and on wall 5 after 16 count*

SEC 3: FORWARD - RECOVER - COASTER STEP - FORWARD - ROCK FORWARD - ½ TURN L - SHUFFLE

1 2 Rock R forward – Recover on L
3&4 Step R back – Step L together – Step R forward
5 6 Rock L Forward, Recover on R
7&8 Shuffle ½ Turn left Stepping L forward. , Step Right together, Step L forward

SEC 4: SIDE - BEHIND & CROSS - SIDE - BEHIND - ¼ TURN R FORWARD - FORWARD

1 2 3& 4 Step R to R side with shake shoulder, Cross R behind L, Step L to L side, Cross R over L
5 6 7& 8 Step L to L side with shake shoulder, Cross L behind R, ¼ Turn R forward R, Forward L

SEC 5: STEP FWD R - TWIST HEELS R - TWIST HEELS CENTRE - HITCH R - BACK R - ROCK FWD - ROCK BACK - ROCK FWD WITH FLICK

1 2 3 4 Small step forward on R, Twist both heels R, Twist both heels back to centre transferring weight on to L, Hitch R
5 6 Step back on R bumping hips back, Rock forward on L bumping hips forward
7 8 Rock back on R bumping hips back, Rock forward on L and flick R

SEC 6: ¼ PIVOT - FWD SHUFFLE - OUT OUT - HOLD, IN IN - HOLD

1 2 3&4 Step right forward pivot ¼ left, transferring weight onto left, Step right Fwd, step left beside right, step right Fwd
&5 - 6 Stepping LF out, Step RF out, Hold
&7 - 8 Stepping LF in, Step RF in, Hold

SEC 7: R SIDE MAMBO - L SIDE MAMBO - SIDE - TOUCH - SIDE - TOUCH

1& 2 Rock R out to R side, recover on L, step R next to L
3& 4 Rock L out to L side, recover on R, step L next to R
5 6 7 8 Step R in Place, Touch L, Step L in Place, Touch R

RESTART 2X: On wall 3 and on wall 5 after 16 count

Enjoy it and Have fun

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