

# La Bomba (P)

拍数: 32      墙数: 0      级数: Partner  
编舞者: Susan Brooks (USA) & Harry Brooks (USA)  
音乐: La Bomba (Spanglish Version) - Ricky Martin



Position: Partners begin with ladies outside LOD facing men inside LOD, palm to palm

Song is also on the CD "Vuelve"

Start after 16 count intro. This dance goes nowhere at all. You will be on opposite sides at the beginning of each repetition..

## LINDY RHYTHM BASIC

1&2      **MAN:** Step left, together right, step left  
          **LADY:** Step right, together left, step right  
3-4      **MAN:** Rock back right, recover left  
          **LADY:** Rock back left, recover right  
5&6      **MAN:** Step right, together left, step right  
          **LADY:** Step left, together right, step left  
7-8      **MAN:** Rock back left, recover right  
          **LADY:** Rock back right, recover left

Lady crossing under man's left arm switching places

## TWO SHUFFLES, ROCK STEP, CHA-CHA-CHA

9&10      **MAN:** Step forward left, right, left  
          **LADY:** Step forward right, left, right  
11&12      **MAN:** Step right, left, right, turning ½ left to face your partner  
          **LADY:** Step left, right, left, turning ½ right to face your partner  
13-14      **MAN:** Rock back left, recover right facing your partner palm to palm  
          **LADY:** Rock back right, recover left facing your partner palm to palm  
15&16      **MAN:** Bump hips left, right, left  
          **LADY:** Bump hips right, left, right,

## 3 SHUFFLES FORWARD LOD: SIDE TOGETHER SIDE, FORWARD LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA

Still palm to palm

17&18      **MAN:** Step right to right, together left, step right  
          **LADY:** Step left, to left, together right, step left

Holding man's left and lady's right, release forward hands and turn towards LOD

## SHUFFLE FORWARD LOD EXTENDING HELD HANDS

19&20      **MAN:** Stylishly forward left, right, left face your partner palm to palm  
          **LADY:** Shuffle forward LOD right, left, right face your partner palm to palm  
21&22      **MAN:** Shuffle to side, right, left, right  
          **LADY:** Shuffle to the side left, right, left  
23&24      **MAN:** Bump hips left, right, right  
          **LADY:** Bump hips, right, left, left

## 3 SHUFFLES BACK LOD: SIDE TOGETHER SIDE, ARMS EXTENDED BACK LOD, SIDE TOGETHER SIDE-CHA-CHA-CHA

25&26      **MAN:** Step left to left, together right, step left  
          **LADY:** Step right to right, together left, step right

## EXTENDING HELD HANDS, MANS RIGHT AND LADIES LEFT, RELEASE (BACK) FORWARD HANDS

27&28      **MAN:** Shuffle back LOD right, left, right

**LADY:** Shuffle back LOD left, right, left

**Face your partner palm to palm**

29&30 **MAN:** Shuffle to side left, right, left

**LADY:** Shuffle to side right, left, right

31&32 **MAN:** Bump hips right, left, right

**LADY:** Bump hips left, right, left

**REPEAT**

**FOR A MIXER:**

On counts 31&32, man steps right-together-right while turning lady in a right underarm turn to her right to face new partner left-right-left. This results in changing only with the partners next to you, and back to your original partner with the next repetition.

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