

# Lambada-Danza

拍数: 112      墙数: 4      级数: Phrased Intermediate  
编舞者: Jenny Memmel (DE) - October 2011  
音乐: Lambada - Danza Kuduro



Sequence: A, A, A, B, A, B, C (to the end of music)

Start on: after drums, start on count 9

Styling Note: there is a lot of hips action, that's the result from pressure on the inside edge of balls and make sure that your knees are bend an relax, hips must be loose and moving all the time, having fun and dancing a little bit sexy

## Part A - 56 counts

### Count 1-12

#### Lambada Basics (4), Chasse' diagonal l+r

1a2a      triple step in place (l+r+l), right knee is lifted and RF slightly leaves the floor  
3a4a      triple step in place (r+l+r), left knee is lifted and LF slightly leaves the floor  
5a6a      triple step in place (l+r+l), right knee is lifted and RF slightly leaves the floor  
7a8a      triple step in place (r+l+r), left knee is lifted and LF slightly leaves the floor  
9a10a      Step LF diagonally forward, RF lock behind LF, step LF diagonally forward, hold  
11a12a      Step RF diagonally forward, LF lock behind RF, step RF diagonally forward, hold

### Count 13-24

#### Lambada Basics (4), Chasse' diagonal l+r

Repeat counts 1-12, starting with the LF

### Counts 25-32

#### Chasse' L, Chasse' R with ¼ turn l, Mambo Basics L+R

1a2a      step LF to left side, step RF next LF, step LF to left side, hold  
3a4a      1/4T left and step RF to right side, step LF next RF, step RF to right side (face 9:00)  
5a6a      step LF forward, recover on RF, step LF backward, hold  
7a8a      step RF backward, recover on LF, step RF forward, hold

### Counts 33-40

#### Chasse' L, Chasse' R with ¼ turn l, Mambo Basics L+R

Repeat counts 25-32, starting with the LF (face 6:00)

### Count 41-48

#### Double Hip-Bumps (L+R), "Bollywood Hips" (L with ½ turn right)

1a2a      step LF a small step to left side, pump your left hip to left side twice, hold  
3a4a      recover your weight on RF and pump your right hip to right side twice, hold  
5a6a7a8a      lift your left knee up and move your left hip up and down(1/8 turn right each count) (face 12:00)

### Count 49-56

#### Double Hip-Bumps (L+R), "Bollywood Hips" (L with ½ turn right)

Repeat counts 41-48, starting with the LF (facing 6:00)

## Part B - 48 counts

### Count 1-8

#### Chasse'Box (full turn left)

1a2a      step LF to left side, step RF next LF, step LF to left side, hold  
3a4a      1/4T left and step RF to right side, step LF next RF, step RF to right side (face 3:00)  
5a6a      1/4T left and step LF to left side, step RF next LF, step LF to left side (face 12:00)  
5a6a      1/4T left and step RF to right side, step LF next RF, step RF to right side (face 3:00)

(styling for this part you can weaving your arms from right to left and from left to right, twice)

**Count 9-16**

**¼ turn left, V-Step (twice)**

a1,2                ¼ turn left (facing 6:00), step LF out forward, RF step out to side  
3-4                step LF backward, RF step together  
5,6,7,8            Repeat counts 1-4, starting with the LF (no turn, facing 6:00)

**Counts 17-24**

**Cucarachas L+R (twice)**

1a2a                step LF to left side, recover on RF, step LF next RF, hold  
3a4a                step RF to right side, recover on LF, step RF next LF, hold  
5a6a7a8a           Repeat counts 1-4, starting with the LF

**Counts 25-32**

**Syncopated Mini-Jumps forward & backward**

& 1                jump forward left, jump forward right  
& 2                jump forward left, jump forward right  
& 3                jump forward left, jump forward right  
& 4                jump forward left, jump forward right  
& 5                jump backward left, jump backward right  
& 6                jump backward left, jump backward right  
& 7                jump backward left, jump backward right  
& 8                jump backward left, jump backward right

**Counts 33-40**

**Cucarachas L+R (twice)**

**Repeat counts 17-24 from B, starting with the LF**

**Counts 41-48**

**Syncopated Mini-Jumps forward & backward**

**Repeat counts 25-32 from B, starting with the LF**

**Part C - 8 counts**

**Count 1-8**

**Weaving Arms up & down, Lambada Basic**

1a2a                weaving your arms from right to left and from left to right and from right to left, hold (over your head)  
a3a4a                put your hands down weaving your arms from right to left and from left to right and from right to left, hold  
5a6a                triple step in place (l+r+l), right knee is lifted and RF slightly leaves the floor  
7a8a                triple step in place (r+l+r), left knee is lifted and LF slightly leaves the floor

**(Repeat C to the end of music)**

**(Styling for C: You can do this in one line behind your other dancers and on counts 5-8 put your hands on the hips from your front dancers)**

**Have fun ;-)**

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