

LA BAMBA

SONG: LA BAMBA, BY CLAY WALKER
ALBUM: SAY NO MORE

CHOREOGRAPHED BY: TRACIE LEE, SYDNEY, AUSTRALIA, MAY 2001
ORIGINAL POSITION: FEET TOGETHER, WEIGHT ON LEFT
Dance starts on lyrics after 32 count intro
Degree of Difficulty: Easy Intermediate

BEATS	STEPS	A FOUR WALL LINE DANCE
1-4	ROCK FWD ON R, ROCK BACK ON L, TURN 1/2 TURN R & STEP R FWD, HOLD	
5-8	ROCK FWD ON L, ROCK BACK ON R, TURN 1/2 TURN L & STEP L FWD, HOLD	
1-4	STEP R FWD, PIVOT 1/2 TURN L TAKING WEIGHT TO L, STEP R FWD, HOLD	
5-8	STEP L FWD, PIVOT 1/4 TURN R, STEP L FWD, PIVOT 1/4 TURN R TAKING WEIGHT TO R FOOT	
1-6	STEP L ACROSS R, STEP R TO R SIDE, STEP L BEHIND R, STEP R TO R SIDE, STEP L ACROSS R, STEP R TO R SIDE	
7-8	ROCK BACK ON L BEHIND R, ROCK FWD ON R	
1-4	STEP L FWD AT 45 DEG L, LOCK R BEHIND L, STEP L FWD AT 45 DEG L, TAP R BESIDE L	
5-8	STEP R FWD AT 45 DEG R AND BUMP HIPS R, BUMP HIPS L, BUMP HIPS R, HOLD	
1-8	REPEAT ABOVE 8 COUNTS (LOCK STEP AND HIP BUMPS)	
1-4	ROCK L FWD ACROSS R, ROCK BACK ONTO R, TURN 1/4 TURN L & STEP L FWD, HOLD	
5-8	STEP R TO R SIDE, STEP L BEHIND R, ROCK R TO R SIDE, REPLACE WEIGHT TO L	
	(The following 8 counts should travel to the left)	
1-4	KICK R ACROSS L TWICE, STEP BALL OF R TO R SIDE, STEP L TO L SIDE	
5-8	REPEAT ABOVE 4 COUNTS (KICK, KICK, SIDE, SIDE)	

RESTART