

LA BAMBA

Count: 56. Wall: 4. Level: Beginner/Intermediate

Choreographer: Tracie Lee

Music: La Bamba by Clay Walker

ROCK FORWARD, RECOVER, 1/2 RIGHT, HOLD

ROCK FORWARD, RECOVER, 1/2 LEFT, HOLD

1-4 Rock R forward, Recover onto L, Turn ½ right step R forward, Hold

5-8 Rock L forward, Recover onto R, Turn ½ left step L forward, Hold

STEP, PIVOT 1/2, STEP, HOLD, STEP, PIVOT 1/4, STEP, PIVOT 1/4

1-4 Step R forward, Pivot ½ left (**weight to L**), Step R forward, Hold

5-8 Step L forward, Pivot ¼ right, Step L forward, Pivot ¼ right (**weight to R**)

CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE, ROCK BACK, RECOVER

1-4 Cross L over R, Step R to right, Step L behind R, Step R to right

5-8 Cross L over R, Step R to right, Rock L back behind R, Recover onto R

STEP 45°, LOCK, STEP 45°, TAP, STEP 45° HIPS RIGHT, LEFT, RIGHT, HOLD

1-4 Step L forward 45° left, Lock R behind L, Step L forward 45° left, Tap R beside L

5-8 Step R forward 45° and bump hips right, bump hips left, bump hips right, Hold

STEP 45°, LOCK, STEP 45°, TAP, STEP 45° HIPS RIGHT, LEFT, RIGHT, HOLD

1-4 Step L forward 45° left, Lock R behind L, Step L forward 45° left, Tap R beside L

5-8 Step R forward 45° and bump hips right, bump hips left, bump hips right, Hold

CROSS ROCK, RECOVER, 1/4 LEFT, HOLD, SIDE, BEHIND, ROCK RIGHT, RECOVER

1-4 Cross Rock L across R, Recover onto R, Turn ¼ left step L forward, Hold

5-8 Step R to right, Step L behind R, Rock R to right, Recover onto L

The following 8 counts should travel to the left

KICK, KICK, BALL, SIDE, KICK, KICK, BALL, SIDE

1-4 Kick R across L, Kick R across L, Step ball of R to right, Step L to left

5-8 Kick R across L, Kick R across L, Step ball of R to right, Step L to left

56 REPEAT