

# LA BAMBACHA

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**Count:** 56

**Wall:** 4

**Level:** intermediate

**Choreographer:** Bob Sykes

**Music:** La Bamba by Los Lobos

## **& STOMP RIGHT TO SIDE, HOLD, LEFT SAILOR, BEHIND, SIDE, IN FRONT, HOLD**

- &1-2** Lift right foot behind left leg, stomp right to right, hold
- 3&4** Step left behind right, step right to right, left to left (left sailor step)
- 5-8** Step right behind left, left to left, right across in front of left, hold

## **& STOMP LEFT TO SIDE, HOLD, RIGHT SAILOR, BEHIND, SIDE, IN FRONT, HOLD**

- &9-10** Lift left foot behind right leg, stomp left to left, hold
- 11&12** Step right behind left, step left to left, right to right (right sailor step)
- 13-16** Step left behind right, right to right, left across in front of right, hold

## **VINE RIGHT, POINT RIGHT TO SIDE PUSHING HIPS TO RIGHT, HOLD, RIGHT SAILOR STEP**

- 17-20** Vine to right, stepping right to side, left behind right, right to side, left in front of right
- 21-22** Point right toe to right side pushing hips to right, hold
- 23&24** Step right behind left, step left to left, right to right (right sailor step)

## **VINE LEFT POINT LEFT TO SIDE PUSHING HIPS TO LEFT, HOLD, LEFT SAILOR STEP**

- 25-28** Vine to left, stepping left to side, right behind left, left to side, right in front of left
- 29-30** Point left toe to left side pushing hips to left, hold
- 31&32** Step left behind right, step right to right, left to left (left sailor step)

## **ROCK FORWARD, BACK, CHA-CHA $\frac{1}{2}$ RIGHT, ROCK FORWARD, BACK, CHA-CHA $\frac{3}{4}$ LEFT**

**The following 8 beats are standard turning cha-cha steps**

- 33-34** Rock/step forward on right, back on left
- 35&36** Cha-cha turning  $\frac{1}{2}$  right
- 37-38** Rock/step forward on left, back on right
- 39&40** Cha-cha turning  $\frac{3}{4}$  left

## **STEP, PIVOT ½ LEFT, RIGHT SHUFFLE FORWARD, FORWARD, BACK, COASTER STEP ACROSS**

- 41-42** Step forward on right, pivot ½ turn left, weight on left
- 43&44** Shuffle forward right-left-right
- 45-46** Rock/step on left, back on right
- 47&48** Step back on left, right together., left across right (left coaster step)

## **STEP & CROSS, STEP & CROSS**

- 49-52** Step right to side, rock weight onto left in place, step right across left, hold
- 53-56** Step left to side, rock weight onto right in place, step left across right, hold

## **REPEAT**

**Finish the dance at 2:13 of the song as it then goes instrumental and is virtually impossible to dance to. You will have completed the dance facing the back wall.**