

# SOLAMBADA

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**Count:** —                      **Wall:** 4                      **Level:** intermediate/advanced samba

**Choreographer:** Forty Arroyo

**Music:** Lambada by Kaoma

**Sequence:** AB, AB, AB, BC, AB, BC, BB

## PART A (24 COUNTS)

**PRESS LEFT, STEP TOGETHER, TOUCH, ½ TURN, CROSS, STEP, STEP, CROSS, STEP, STEP**

**1-2**            Press ball of left to side while pushing hips to left, step left next to right

**3-4**            Touch right toe behind left, unwind ½ turn to right (weight on right)

**5&6**            Cross left over right, step right slightly back, step left next to right

**7&8**            Cross right over left, step left slightly back, step right next to left

## CROSS, STEP, CROSS, CROSS & TWIST, TWIST, STEP

**9&10**            Cross left over right, step right to side, cross left over right

**11&**            Touch right toes in front of left turning right knee in over left knee, fan right knee out

**Twist body to left and right when turning right knee in and out (weight remains on left throughout 11&)**

**12**            Step right slightly forward and in front of left (end at 6:00)

**13-24**            Repeat steps 1-12 (end at 12:00)

## PART B (32 COUNTS)

**SIDE STEP, BALL STEP, ½ TURN TOUCH, TWIST, SIDE STEP, BALL STEP, ½ TOUCH**

**1&2**            Traveling toward 9:00 - step side left, step right toward left, step left to side

**3**            Pivot ½ turn to left (on ball of left) and touch right out to side

**4**            Twist both heels to left - making ½ turn to right shifting weight to right

**End with weighted right crossed in front of left and facing 12:00**

**5&6**            Traveling toward 9:00 - step side left, step right toward left, step left to side

7-8 Pivot  $\frac{1}{2}$  turn to left (on ball of left) and touch right out to side, hold

**Throughout counts 1-6 keep head turned in the direction you are traveling (end at 6:00)**

**RIGHT TOGETHER, STEP LEFT, PUSH HIPS, RIGHT TOGETHER, STEP LEFT, RIGHT TOGETHER, STEP LEFT**

**&1-2** Step ball of right next to left, step left to left pushing hips to right, push hips to right (or hold)

**3** Step ball of right next to left, step left to side pushing hips to right

**&4** Step ball of right next to left, step left to side pushing hips to right

**TOUCH BEHIND, UNWIND  $\frac{1}{2}$  TURN RIGHT,  $\frac{1}{2}$  TURN STEP, SHIMMY**

**5-6** Touch right toe behind left, unwind  $\frac{1}{2}$  turn to right (weight on right)

**7(Pivoting on ball of right) step left to side turning  $\frac{1}{2}$  turn to right**

**&8 Push right shoulder forward, back, forward(end at 6:00)**

**FORWARD - CROSS, ROCK, STEP (RIGHT & LEFT) - BACKWARD - CROSS, ROCK, STEP (RIGHT & LEFT)**

**1&2** Stepping forward diagonally to left - cross right in front of left, rock side left, step right in place

**3&4** Stepping forward diagonally to right - cross left in front of right, rock side right, step left in place

**5&6** Stepping back diagonally to left - cross right behind left, rock side left, step right in place

**7&8** Stepping back diagonally to right - cross left behind right, rock side right, step left in place (end at 6:00)

**SAMBA  $\frac{3}{4}$  TURN - STEP, BALL STEP, BALL STEP, BALL STEP, TWIST, TWIST, BALL STEP  $\frac{1}{4}$ , BALL STEP  $\frac{1}{4}$**

**1&2** Starting a  $\frac{3}{4}$  turn to right - step slightly forward on right, step left behind right (on ball of left), step right in place turning to right

**&3** Step left behind right (on ball of left), step right in place turning to right

**&4** Step left behind right (on ball of left), step right in place turning to right

**Steps 1-4 are executed while turning to right to complete a  $\frac{3}{4}$  turn (end at 3:00)**

**29** Twisting heels to right (in place) turning  $\frac{1}{2}$  to left - weight on left (now at 9:00)

- 30** Twist heels to left (in place) turn  $\frac{1}{2}$  to right - weight on right (now at 3:00)
- &31** Ball step - step left next to right (on ball of left), step right in place turning  $\frac{1}{4}$  to right
- &32** Ball step - step left next to right (on ball of left), step right in place turning  $\frac{1}{4}$  to right (ending at 9:00)

### **PART C (16 COUNTS)**

#### **LAMBADA - PRESS, PUSH, STEP, PRESS, PUSH, STEP, KICK $\frac{1}{4}$ , TRIPLE IN PLACE, KICK $\frac{1}{4}$ , TRIPLE IN PLACE - REPEAT**

- 1&2** Step ball of left slightly to left, push hips to left, step left next to right
- 3&4** Step ball of right slightly to right, push hips to right, step right next to left
- &5&6** While turning  $\frac{1}{4}$  to left - kick left forward(&), triple in place left right left (5&6)
- &7&8** While turning  $\frac{1}{4}$  to right - kick left forward(&), triple in place right left right (7&8)
- 9-161-8** Repeat steps 1-8 of part c (end at 9'oclock)

**I borrowed parts of my dance "D.A.RIGHT.E. To Mambo" for Solambada. Those of you who know D.A.RIGHT.E. will know what I mean. Although I have always enjoyed this song (Lambada by Kaoma), the dance itself was inspired by the Wildman - thanks Louie, I hope you like it**