

# Miss Trot La Bamba

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**Count:** 72      **Wall:** 1      **Level:** Phrased Improver

**Choreographer:** Kang Hyo Choi, South Korea (May 2019)

**Music:** La Bamba ( ) by Mi Ae Jeong ( )

## Intro: 32 counts

**Sequence: AAA, B, CCCC, Tag1, DD, A, B, CCCC, Tag2, DD, Tag3, EEEE**

**\*With Various and Creative Hand Gestures.\***

## Part A: 16 Counts

### SEC 1 : Vine R Touch, Vine L Touch,

- 1-2 Step RF to right side, Step LF behind RF
- 3-4 Step RF to right side, Touch LF next to RF
- 5-6 Step LF to left side, Step RF behind LF
- 7-8 Step LF to right side, Touch RF next to LF

### SEC 2: Rocking Chair X2

- 1-2 Rock RF forward, Recover LF
- 3-4 Rock RF back, Recover LF
- 5-6 Rock RF forward, Recover LF
- 7-8 Rock RF back, Recover LF

## Part B: 16 Counts

### SEC 1: Hip Bump R, L, R, L, R, L, R, L

- 1-8 Hip Bumping R, L, R, L, R, L, R

### SEC 2: R, L Step Touch, Sway R,L,R,L

- 1-2 Step RF to right side, Touch LF to left side
- 3-4 Step LF to left side, Touch RF to right side
- 5-8 Sway right, left, right, left

## Part C: 8 Counts

## **SEC 1: L Hip Bumpx4, , Jazz box turn 1/4 to left**

### **1-4L Hip bumping x4**

5-6 Step LF cross over RF, Step RF back 1/4 turn left

7-8 Step LF to left side, Step RF forward

## **Part D : 16 Counts**

### **SEC 1: R Side Together, Side Touch, L,R Step Touch**

1-2 Step RF to right side, Step LF next to RF

3-4 Step RF to right side, Touch LF next to RF

5-6 Step LLF to right side, Touch RF to right side

7-8 Step RF to right side, Touch LF to left side

### **SEC 2: L Side Together, Side Touch, , R,L Step Touch**

1-2 Step LF to right side, Step RF next to LF

3-4 Step LF to right side, Touch RF next to LF

5-6 Step RF to right side, Touch LF to left side

7-8 Step LF to right side, Touch RF to right side

## **Part E : 16 Counts**

### **SEC 1: Shoulder Shimmy,**

1-4 Forward Shoulder Shimmy

5-8 Back Shoulder Shimmy

### **SEC 2: Charleston Step x2**

1-2 Step RF forward, Hitch LF forward

3-4 Step LF back, Touch RF Back

5-6 Step RF forward, Hitch LF forward

7-8 Step LF back, Touch RF Back

## **Tag 1 : 4 Counts**

1-2 Point RF next to LF, Hold

3-4 Hitch RF, Hold

## **Tag 2 : 16 Counts x 2**

### **SEC 1: Vine R Turn 1/4 R Touch , Vine L Touch**

- 1-2** Step RF to right side, Step LF behind RF
- 3-4** Step RF turn 1/4 to right side, Touch LF next to RF
- 5-6** Step LF to left side, Step RF behind LF
- 7-8** Step LF to left side, Touch RF next to LF

### **SEC 2 : Forward Touch, Side touch, Forward Touch, Side Step**

- 1-2** Touch RF diagonally forward, , Touch RF to right side
- 3-4** Touch RF diagonally forward, , Step RF to right side
- 5-6** Touch LF diagonally forward, , Touch LF to left side ,
- 7-8** Touch LF diagonally forward, , Step LF to left side

## **Tag 3: 8 Counts**

- 1-2** Point RF next to LF, Hold
- 3-4** Hitch RF, Hold
- 5-8** Walk 1/2 Turn to right RF,LF,RF,LF

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