

# La Mala Y La Buena (The Bad And The Good)

LINEDANCE.COM

**Count:** 64      **Wall:** 2      **Level:** Phrased Intermediate

**Choreographer:** Vincent Dijks - Feb 2017

**Music:** "La Mala Y La Buena" by Alex Sensation ft. Gente De Zona

**Sequence : A, Tag1, B\*, A, Tag 1, B2&, A, Tag1, B, Tag1, B, B\*, Tag2, A, B**

**Info : Intro 32 counts**

**PART A: 32 COUNTS**

**A1: Cross Samba x 2, Cross Shuffle, Ball, Cross Samba**

**1LF cross over**

**&RF rock side**

**2LF recover**

**3RF cross over**

**&LF rock side**

**4RF recover**

**5LF cross over**

**&RF step side**

**6LF cross over**

**&RF step side on ball foot**

**7LF cross over**

**&RF rock side**

**8LF recover**

**A2: Cross Samba x 2, Cross Shuffle, Ball, Cross Samba**

**1RF cross over**

**&LF rock side**

**2RF recover**

**3LF cross over**

**&RF rock side**

**4LF recover**

**5RF cross over**

**&LF step side**

**6RF cross over**

**&LF step side on ball foot**

**7RF cross over**

**&LF rock side**

**8RF recover**

**A3: Mambo Fwd x2, Side Mambo x2**

**1LF rock forward**

**&RF recover**

**2LF together**

**dip slightly**

**3RF rock forward**

**&LF recover**

**4RF together**

**dip slightly**

**5LF rock side**

**&RF recover**

**6LF together**

**7RF rock side**

**&LF recover**

**8RF together**

#### **A4: Rocking Chair, Side Mambo (x2)**

**1LF rock forward**

**&RF recover**

**2LF rock back**

**&RF recover**

**3LF rock side**

**&RF recover**

**4LF together**

**5RF rock forward**

**&LF recover**

**6RF rock back**

**&LF recover**

**7RF rock side**

**&LF recover**

**8RF touch beside**

#### **PART B: 32 COUNTS**

## **B1: Chassé x2, Cross Back Together, Ext. Step Lock Step Fwd**

**1RF step side**

**&LF together**

**2RF step side**

**1&2: push hands up diagonal right**

**3LF step side**

**&RF together**

**4LF step side**

**3&4: push hands up diagonal left**

**5RF cross over**

**&LF step back**

**6RF together**

**&LF step forward**

**7RF lock behind**

**&LF step forward**

**8RF lock behind**

**&LF step forward**

## **B2: Samba Whisk x2, Extended Shuffle ½ R**

**1RF step side**

**2LF rock behind**

**&RF recover**

**3LF step side**

**4RF rock behind**

**&LF recover**

**5RF  $\frac{1}{8}$  right, step forward**

**&LF step beside**

**6RF  $\frac{1}{8}$  right, step forward**

**&LF step beside**

**7RF  $\frac{1}{8}$  right, step forward**

**&LF step beside**

**8RF  $\frac{1}{8}$  right, step forward**

**B3: Rock Across Recover, Rock Side Recover, Rock Across Recover, Side (x2)**

**1LF rock across**

**&RF recover**

**2LF rock side**

**&RF recover**

**3LF rock across**

**&RF recover**

**4LF step side**

**5RF rock across**

**&LF recover**

**6RF rock side**

**&LF recover**

**7RF rock across**

**&LF recover**

**8RF step side**

**B4: Vaudeville x2, Back-Point x4**

**1LF cross over**

**&RF step slightly right back**

**2LF dig heel left forward**

**&LF together**

**3RF cross over**

**&LF step slightly left back**

**4RF dig heel right forward**

**&RF step back**

**5LF point across**

**&LF step back**

**6RF point across**

**&RF step back**

**7LF point across**

**&LF step back**

**8RF point across**

**\* + only after 1st and 5th part B:**

**&RF together**

**TAG 1: Hitch, Side/Hip Roll**

**1RF hitch across**

**2-4RF step side and roll hips clockwise**

**TAG 2: Rock Fwd Recover Recover (x2)**

**1LF rock forward**

**&RF recover**

**2LF recover**

**3RF rock forward**

**&LF recover**

**4RF recover**

**Vincent Dijks - Derailed Dancers - Derailedancers@gmail.com**

---

Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=116275](https://www.linedance.com/index.php?f=dance_view&id=116275)