

# COUNTRY LAMBADA

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**Count:** 56      **Wall:** —      **Level:** —

**Choreographer:** Melanie Greenwood

**Music:** Can't Run From Yourself by Tanya Tucker

**Position:** Man's belly to lady's back, standing close. Man's right hand on front of lady's waist, left hand out to side & up. Lady's right hand on top of man's right, left hand in Man's left hand

## LEFT HEEL, STEP, RIGHT TOE, STEP

- 1 Touch left heel forward
- 2 Step left next to right
- 3 Touch right toe back
- 4 Step right next to left

## LEFT SCUFF, STEP FORWARD LEFT, RIGHT, LEFT

- 5 Scuff left
- 6 Step forward left
- 7 Step forward right
- 8 Step forward left

## SCUFF RIGHT, STEP FORWARD RIGHT, LEFT, RIGHT

- 9 Scuff right
- 10 Step forward right
- 11 Step forward left
- 12 Step forward right

## LEFT SCUFF, STEP FORWARD LEFT, RIGHT, LEFT

- 13 Scuff left
- 14 Step forward left
- 15 Step forward right
- 16 Step forward left

**Next 12 counts will make a full turn to the left**

## **STEPS WITH HIP CIRCLE**

**17-20** Step with right foot pivoting 1/3 turn to the left. Step left, right, left (ending with weight on left foot beside right foot)

**Hip motion: on counts 17-20 hips to left side making a circle forward and to the right.**

**Upper body: while hips are making circle, both man & lady bend back slightly from waist, then forward slightly**

**21-28** Repeat counts 17-20 two times

**This will complete the full turn and partners will both be facing forward line of dance.**

## **LADY'S TURN TO LEFT**

**29-32MAN: Bring lady's left hand to her waist as you turn her to the right to face you, draping her right arm over your neck to left shoulder**

**LADY: Turn to the right to face man, start on left foot, end weight on right foot, (point left toe home)**

## **DIP LADY, RECOVER**

**33-36MAN: Hold arm behind lady's back and dip her. By fourth count have her upright facing man with right hands pressed together above the head between partners**

**LADY: Bend backward for dip, and up to face man, right hand palm to palm above the head, between partners**

## **3 STEPS FORWARD LOD, SIDE POINT**

**37-40MAN: Step forward left, right, left, point right to side**

**LADY: Step back right, left, right, point left to side**

## **LADY'S TURN TO FORWARD LOD**

**41-44MAN: Step forward right, left, right, touch left spinning lady 1 ½ to the left. End with hands in starting position**

**LADY: Turn 1 ½ to the left, starting with the left foot and ending with weight on right and left toe touch home.**

**You are both facing the forward LOD**

**STEP FORWARD LEFT, RIGHT, LEFT, RIGHT; SIDE SLIDES LEFT & RIGHT**

**45-48** Both step forward left, right, left, right

**49-52** Step left to left, slide right to touch next to left (hip grind and weight on left foot)

**53-56** Step right to right, slide left to touch next to right (hip grind and weight on right foot)

**REPEAT**