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8 count intro for all versions

Dance Patterns: A, B, A, B, A, B, C, B, A, B, C, B, C 'til music ends

## **PATTERN "A"**

### **TURNING RIGHT – FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)**

(Note: - Lambada steps in figure eight formation turning steps are on forward steps for 24 counts)

(On counts 1 to 12 – turn is to the right, On counts 13 to 24 – turn is to the left)

1&2 Right forward turning 1/6th turn to the right, Side step Left, Replace Right

3&4 Left forward turning 1/6th turn to the right, Side step Right, Replace Left

5-12 Repeat steps 1-4 twice. (This completes one full turn to the right)

Option – 6 Forward Walks with holds - making full turn right on steps

### **TURNING LEFT – FORWARD, SIDE, REPLACE, FORWARD, SIDE, REPLACE (REPEAT TWICE)**

13&14 Right forward turning 1/6th turn to the left, Side step Left, Replace Right

15&16 Left forward turning 1/6th turn to the left, Side step Right, Replace Left

17-24 Repeat steps 13-16 twice. (This completes one full turn to the left)

Option – 6 Forward Walks with holds - making full turn left on steps

## **PATTERN "B"**

### **SWAY DIAG FWD BEND R KNEE & DIP R SHOULDER, STRAIGHTEN R KNEE & SHOULDER**

### **SWAY DIAG BACK BEND L KNEE & DIP L SHOULDER, STRAIGHTEN L KNEE & SHOULDER**

1 Sway diag. forward on Right foot bending Right Knee and dipping Right Shoulder forward

2 Continue sway straightening Right Knee and raising Right Shoulder

3 Sway diag back onto Left foot bending Left Knee and dipping Left Shoulder Back

4 Continue sway straightening Left Knee and raising Left Shoulder

(Option – On counts 1&2 - Lower Right Heel, Lower Left Heel, Lower Right Heel)

(Option – On counts 3&4- Lower Left Heel, Lower Right Heel, Lower Left Heel)

### **SWAY DIAG FWD BEND R KNEE & DIP R SHOULDER, STRAIGHTEN R KNEE & SHOULDER**

### **SWAY DIAG BACK BEND L KNEE & DIP L SHOULDER, STRAIGHTEN L KNEE & SHOULDER**

5-8 Repeat above counts 1 to 4

### **RIGHT ROLLING VINE (1/4, 1/2, 1/4) WITH A TOUCH**

9-10 Right step into 1/4 right stepping forward, Left foot into 1/2 right stepping back

11-12 Right step into 1/4 right stepping side right, Touch Left Toe to Right Instep

(Option – Clap hands twice on counts &12)

(Option – Right Vine with touch.)

### **LEFT ROLLING VINE (1/4, 1/2, 1/4) WITH A TOUCH**

13-14 Left step into 1/4 left stepping forward, Right foot into 1/2 left stepping back

15-16 Left step into 1/4 left stepping side left, Touch Right Toe to Left Instep

(Option – Clap hands twice on counts &16)

(Option – Left Vine with touch.)

### **SWAY DIAG FWD BEND R KNEE & DIP R SHOULDER, STRAIGHTEN R KNEE & SHOULDER**

### **SWAY DIAG BACK BEND L KNEE & DIP L SHOULDER, STRAIGHTEN L KNEE & SHOULDER**

17 Sway diag. forward on Right foot bending Right Knee and dipping Right Shoulder forward

18 Continue sway straightening Right Knee and raising Right Shoulder

19 Sway diag back onto Left foot bending Left Knee and dipping Left Shoulder Back

20 Continue sway straightening Left Knee and raising Left Shoulder

(Option - On counts 17&18 - Lower Right Heel, Lower Left Heel, Lower Right Heel)

(Option - On counts 3&4- Lower Left Heel, Lower Right Heel, Lower Left Heel)

### **SWAY DIAG FWD BEND R KNEE & DIP R SHOULDER, STRAIGHTEN R KNEE & SHOULDER**

### **SWAY DIAG BACK BEND L KNEE & DIP L SHOULDER, STRAIGHTEN L KNEE & SHOULDER**

21-24 Repeat above counts 17 to 20

### **SIDE STEP, DRAG, BEHIND, IN PLACE**

25-26-27 Side step Right, Drag Left towards Right for 2 counts

&28 Left behind Right, Right steps in place

### **SIDE STEP, DRAG, POINT R. TOE BEHIND L. & POINT RIGHT HAND ACROSS BODY TO L, HOLD**

29-30 Side step Left, Drag

31-32 Point R. Toe to the left behind L. foot & cross R. arm across front of body  
pointing R. hand to the left. Hold

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**PATTERN "C"**

**SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP,  
SIDE STEP**

& Side step Right

1-2& Left forward making 1/8 turn left as Right Hip rotates left in a circle for 2 counts, Side step Right

3-4& Left forward making 1/8 turn left as Right Hip rotates left in a circle for 2 counts, Side step Right

**1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP**

5-6& Left forward making 1/8 turn left as Right Hip rotates left in a circle for 2 counts, Side step Right

7-8& Left forward making 1/8 turn left as Right Hip rotates left in a circle for 2 counts, Side step Right

**1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, SIDE STEP**

9-10& Left forward making 1/8 turn left as Right Hip rotates left in a circle for 2 counts, Side step Right

11-12& Left forward making 1/8 turn left as Right Hip rotates left in a circle for 2 counts, Side step Right

**1/8 TURN LEFT & ROTATE HIP, SIDE STEP, 1/8 TURN LEFT & ROTATE HIP, TOUCH**

13-14& Left forward making 1/8 turn left as Right Hip rotates left in a circle for 2 counts, Side step Right

15 Left forward making 1/8 turn left as Right Hip rotates left in a circle for 1 count

16 Right Toe touches to Left instep

(Option – Hold Right Arm above head and Left Hand of Left Hip for Pattern "C")

Music: \*Lambada by Luis Carlos Ferreira Lopes, CD: - Forbidden Dance, 121 BPM

\*Lambada by Gipsy Kings, CD: \_ The best Latin Party Album in the World,, 121 BPM

\*Lambada by Jive Bunny, CD: - Beach Party,, 121 BPM