

Lambada Kaoma

56 count, 4 wall, intermediate level

Choreographer: Stephen Rutter (UK) May 2005
Choreographed to: Lambada by Kaoma (118 bpm)
from Strictly Dance Fever;
"Best Summer Party Album In The World...Ever!"

8 Count Intro'

Section 1-Hip Sways, Back Lock Step, Back Mambo Rock, Forward Mambo Rock.

1-2 Step right-to-right side swaying hips right, sway hips left.

3&4 Step back on right, lock left in front of right, step back on right.

5&6 Rock back on left, recover weight forward onto right, close left beside right.

7&8 Rock forward on right, recover weight back onto left, close right beside left.

Section 2-Back Rock, ½ Turn Right, Toe Touch, Hip Sways, Forward Lock Step.

9-10 Rock back on left, recover weight forward onto right.

11&12 Make a quarter turn right stepping left to left side, make a quarter turn right closing right beside left, touch left toe beside right (6 O'clock).

13-14 Step left-to-left side swaying hips left, sway hips right.

15&16 Step forward on left, lock right behind left, step forward on left.

Section 3-Forward Mambo Rock, Back Mambo Rock, Forward Rock, Shuffle ¾ Turn Right.

17&18 Rock forward on right, recover weight back onto left, close right beside left.

19&20 Rock back on left, recover weight forward onto right, close left beside right.

21-22 Rock forward on right, recover weight back onto left.

23&24 Make a three-quarter turn right stepping on right, left, right (3 O'clock).

Section 4-Toe Struts, Crossing Mambo Rock.

25-26 Touch left toe to left side, drop left heel to floor.

27-28 Touch right toe across left, drop right heel to floor.

29-30 Touch left toe to left side, drop left heel to floor.

NOTE: During counts 25-30 shimmy shoulders for Latin styling.

31&32 Cross rock right over left, recover weight back onto left, step right-to-right side.

Section 5-Toe Struts, Cross Behind, Unwind ½ Turn Left, Side Mambo Rock With Toe Touch.

33-34 Touch left toe over right, drop left heel to floor.

35-36 Touch right toe to right side, drop right heel to floor.

NOTE: During counts 33-36 shimmy shoulders for Latin styling.

37-38 Cross left behind right, unwind a half turn left (*Weight on left*) (9 O'clock).

39&40 Rock right-to-right side, recover weight onto left, touch right toe beside left.

Section 6-Toe Struts, Crossing Mambo Rock.

41-42 Touch right toe to right side, drop right heel to floor.

43-44 Touch left toe across right, drop left heel to floor.

45-46 Touch right toe to right side, drop right heel to floor.

NOTE: During counts 41-46 shimmy shoulders for Latin styling.

47&48 Cross rock left over right, recover weight back onto right, step left-to-left side.

RESTART: Restart dance at this point when dancing wall four, you will then start wall 5 from back wall (6 O'clock).

Section 7-Toe Struts, Cross, Unwind ½ Turn Left, Side Mambo Rock

49-50 Touch right toe across left, drop right heel to floor.

51-52 Touch left toe to left side, drop left heel to floor.

NOTE: During counts 49-52 shimmy shoulders for Latin styling.

53-54 Cross right over left, unwind a half turn left (*Weight on left*) (3 O'clock).

55&56 Rock right-to-right side, recover weight onto left, touch right toe beside left.

Restart.

To keep with the phrasing of the music a restart is needed when dancing wall four. Dance the first 48 counts then restart dance after doing your left crossing mambo rock, you will then start with your hip sways (Beginning of wall five) from the back wall (6 O'clock).
