

Lambada

The "Forbidden Dance"

56 count, 2 wall, intermediate level

Choreographer: Winnie Yu (Dance Pooh) (Canada)

April 2004

Choreographed to: Lambada by Kaoma, CD: Summer Party Album

Start after 8 counts

The lambada used to be known as the "forbidden dance". Although the lambada is a dance of movement and rhythm, the basic steps are simple. It is a dance that requires movement from the whole body, and is emphasized by the swaying movements and steps of the dancers. In the basic sequence the dancers stay on the same spot. The rhythm is built up entirely by the changing weight and movement of the dancers' hips and bodies. The body should be flexible and supple, and the feel of the dance is livelier.

Section 1 LAMBADA BASIC STEPS (3X), ¼ TURN, HIP ROLL ¼ TURN RIGHT

- 1 Step onto right and transfer weight to the right side with the hip going out to the right
& Step onto left and transfer weight to left side with the hip going out to the left
2 Step onto right and transfer weight back to right side with hip going out to the right, left knee is lifted (left foot is slightly off the floor) and the transfer of weight is done far more deliberately
3&4 Repeat step 1 & 2 starting with the left foot
5&6 Make a ¼ turn right and repeat step 1 & 2 (facing 3:00)
7-8 Step left forward and roll hip clockwise making a ¼ turn right (facing 6:00)

Section 2 HIP ROLL ¼ TURN (2X), LAMBADA BASIC STEPS (2X)

- 1-2 Step left forward and roll hip clockwise making a ¼ turn right (facing 9:00)
3-4 Step left forward and roll hip clockwise making a ¼ turn right (facing 12:00)
5&6 Repeat (Section 1) step 1 & 2 starting with left foot
7&8 Repeat (Section 1) step 1 & 2

Section 3 LAMBADA BASIC STEPS, ¼ TURN, HIP ROLL ¼ TURN (3X)

- 1&2 Make a ¼ turn left and repeat (Section 1) step 1 & 2 starting with left foot (facing 9:00)
3-4 Step right forward and roll hip anti-clockwise making a ¼ turn left (facing 6:00)
5-6 Step right forward and roll hip anti-clockwise making a ¼ turn left (facing 3:00)
7-8 Step right forward and roll hip anti-clockwise making a ¼ turn left (facing 12:00)

Section 4 SYNCOPATED JAZZ BOX, ¼ TURN, LAMBADA BASIC STEPS (2X)

- 1 Cross step right over left
2&3 Step back on left, make a ¼ turn right and step right to right side, step left forward (facing 3:00)
4 Step right to right side
5&6 Repeat (Section 1) step 1&2 starting with the left foot
7&8 Repeat (Section 1) step 1&2

Section 5 STEP FWD, TOUCH, STEP BWD, TOUCH, ½ TURN, LAMBADA BASIC STEPS (2X)

- 1 Step forward on left
2&3 Touch right toe behind left, step backward on right, place left heel forward with weight on left heel
4 Make ½ turn right (heel turn) with weight on left foot (facing 9:00)
5&6 Repeat (Section 1) step 1 & 2
7&8 Repeat (Section 1) step 1 & 2 starting with left foot

Section 6 ROCK, RECOVER, SAILOR SIDE, BACK ROCK, RECOVER, LEFT SHUFFLE FWD

- 1-2 Rock forward on right, recover on left
3-4 Rock backward on right, recover on left, step right to right (Option: Back right mambo)
5-6 Rock backward on left, recover on right
7&8 Step forward on left, step right behind left, step forward on left (Option: Forward left mambo)

Section 7 ROCK, RECOVER. ½ TURN STEP, ¼ TURN TOUCH, DIAGONAL LEFT SHUFFLE FWD

- 1-2 Rock forward on right, recover on left
3-4 Make a ½ turn right stepping forward on right (facing 3:00), make a ¼ turn right touching left to left side (facing 6:00)
5&6& Step forward on left, step right behind left, step forward on left, step right behind left
7&8 Step forward on left, step right behind left, step forward on left