



Web site: www.linedancermagazine.com

E-mail: admin@linedancermagazine.com

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

64 Count, 2 Wall, Phrased Intermediate
Choreographer: Vincent Dijks – Feb 2017
Choreographed to: "La Mala Y La Buena"
by Alex Sensation ft. Gente De Zona

Sequence : A, Tag1, B*, A, Tag 1, B2&8, 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 ½ right, step forward
&LF step beside
6RF ½ right, step forward
&LF step beside
7RF ½ right, step forward
&LF step beside
8RF ½ 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