



Intro : 8 count

Restart after 48 count on wall 4

SECTION 1 LAMBADA BASIC STEPS , ¼ TURN L LAMBADA BASIC STEPS

- 1 & 2 Step on R with hip to R, Step on L with hip to L, Step on R with hip to R (L foot is slightly off the floor)
3 & 4 Repeat steps 1&2 starting with the L foot
5 & 6 Step on R with hip to R with 1/4 L, Step on L with hip to L, Step on R with hip to R
(L foot is slightly off the floor) (9)
7 & 8 Repeat steps 1&2 starting with the L foot

SECTION 2 CROSS ROCK R OVER L (2X), CROSS ROCK L OVER R (2X) WITH HIPS

- 1 & 2 Weight on L, cross R diagonal over L, recover, step back on R [moving R hips forward &back]
3 & 4 Repeat steps 1 & 2 (end weight on R)
5 & 6 Weight on R, cross L diagonal over R, recover, step back on L [moving L hips forward &back]
7 & 8 Repeat steps 3 & 4 (end weight on L)

SECTION 3 1/2 TURNING R, 1/2 TURNING L

- 1 & 2& Make 1/8 turn R step R forward, step L next to R, make a 1/8 turn R, step R forward,
step L next to R
3 & 4 Make a 1/8 turn R step R forward, step L next to R, make a 1/8 turn R step R forward (3)
5 & 6& Make 1/8 turn L step L forward, step R next to L, make a 1/8 turn L, step L forward,
step R next to L
7 & 8 Make a 1/8 turn L step L forward, step R next to L, make a 1/8 turn L step L forward (9)

SECTION 4 SYNCOPATED ROCK STEP R L, MAMBO R, MAMBO L 1/4 R

- 1 & 2 Press R forward, recover on L, step R next to L
3 & 4 Press L forward, recover on R, step on L
5 & 6 Rock R to R, recover on L, step R next to L
7 & 8 Rock L to L with 1/4 turning R, recover on R, step L next R (12)

SECTION 5 R HIP BUMP, BEHIND SIDE CROSS, L HIP BUMP, BEHIND SIDE CROSS

- 1 & 2 Press R to R with 2 hips bump (weight on L)
3 & 4 Cross R behind L, step L to L, cross R over L
5 & 6 Press L to L with 2 hips bump (weight on R)
7 & 8 Cross L behind R, step R to R, cross L over R

SECTION 6 HIP ROLL TURNING 3/4 L

- 1 – 8 Weight on L, step R to R and roll hips as you move and turning 3/4 L in 8 count (3)

Restart after SECTION 6 on wall 4 (facing 12)

SECTION 7 CROSS ROCK R OVER L, RECOVER, CROSS ROCK L OVER R, RECOVER (2X)

- 1 & 2 Cross R over L, recover on L, step R to R
3 & 4 Cross L over R, recover on R, step L to L
5 & 6 Cross R over L, recover on L, step R to R
7 & 8 Cross L over R, recover on R, step L to L