

Sequence: AB, AB, AB, Tag, B, AB, Tag, B, Ending 64c

Intro: 8 Counts from start of track

Part A (24 counts)

S1 Fwd-Rock-Back, Back-Rock-Fwd, Fwd, ½ L, Fwd, ½ L, Swivel (R, L, R, L)

- 1&2 Rock fwd on R ball, recover on L, step back on R (use your hips)
3&4 Rock behind on L ball, recover on R, step fwd on L (use your hips)
5-6 Step fwd on R, pivot ½ turn L with hip roll
7-8 Step fwd on R, pivot ½ turn L with hip roll
9-10 Step R next to L with bended knee and swivel hips R, swivel hips L with bended knee
11-12 Swivel hips R with knee straighten up gradually, swivel hips L with knee straighten up

S2 Fwd-Rock-Back, Back-Rock-Fwd, Fwd, ½ L, Fwd, ½ L, Swivel (R, L, R, L)

- 1-12 Repeat Section 1 of Part A

Part B (32 counts)

S1 Cross & Cross, Side, Recover, Cross & Cross, Side, Recover

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

S2 Fwd- ¼ L x4, Hip Bump Downward x4

- 1&2& Step fwd on R, pivot ¼ turn L with hip roll, step fwd on R, pivot ¼ turn L with hip roll (6:00)
3&4& Step fwd on R, pivot ¼ turn L with hip roll, step fwd on R, pivot ¼ turn L with hip roll (12:00)
5&6& Touch R ball slightly fwd with hip bump downward, recover up on L, hip bump downward on R, recover up on L
7&8 Hip bump downward on R, recover up on L, hip bump downward on R

S3 R Lambada Basic, L Lambada Basic, R Lambada Basic, L Lambada Basic

- &1&2 Lift up R hip while recover up on L, big step out on R, step out on L, step out on R
&3&4 Lift up L hip, big step out on L, step out on R, step out on L (Option: ½ R with L Lambada Basic)
&5&6 Lift up R hip, big step out on R, step out on L, step out on R
&7&8 Lift up L hip, big step out on L, step out on R, step out on L (Option: ½ R with L Lambada Basic)

S4 Samba-Cross x3, Cross-Kick, Samba-Cross x3, Cross-Kick

- &1&2 Cross R ball over L, step L slightly side L, cross R ball over L, step L slightly side L
&3&4 Cross R ball over L, step L slightly side L, cross R ball over L, kick L diagonal L
&5&6 Cross L ball over R, step R slightly side R, cross L ball over R, step R slightly side R
&7&8 Cross L ball over R, step R slightly side R, cross L ball over R, kick R diagonal R

Tag (16 counts)

S1 Diagonal Fwd with R Lambada Basic, Return Back with L Lambada Basic, x2 (Diagonal R, L)

- &1&2 Lift up R hip, diagonal fwd R stepping out R, step out on L, step out on R (1:30)
&3&4 Lift up L Hip, step back out on L, step out on R, step out on L (12:00)
&5&6 Lift up R hip, diagonal fwd L stepping out R, step out on L, step out on R (10:30)
&7&8 Lift up L hip, step back out on L, step out on R, step out on L (12:00)

S2 Diagonal Fwd with R Lambada Basic, Return Back with L Lambada Basic, x2 (Diagonal R, L)

- 1-8 Repeat Section 1 of Tag

Ending (64 counts):

Dance the Section 1 of Tag (8 counts), Plus the Following Shuffle Turns (8 counts)

- &1&2 ¼ R lift up R hip, step R fwd, step L next to R, step R fwd (3:00)
&3&4 ¼ R lift up L hip, step L to L side, step R next to L, step L to L side (6:00)
&5&6 ¼ R lift up R hip, step R fwd, step L next to R, step R fwd (9:00)
&7&8 Lift up L hip, step L fwd, step R next to L, step L fwd (9:00)

Then, repeat these 16 counts (x3 more times), End Facing 12:00

Have Fun!

Music download available from



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