



Steppin' off the Page

LA BOMBA

Fred Whitehouse & Shane McKeever



2020 DANCE

64 COUNT, 2 WALL, ADVANCED

INTRO:	Approx 8 Seconds from start of the track, 16 counts
Section 1 1,2& 3&4 5&6 7&8	STEP BACK, ROCK RECOVER, CHEST POP/SHIMMY, ROCK RECOVER, CROSS, HOLD, BALL CROSS Step RF back, Rock LF back, recover Step LF to L side, chest pop/shimmy, close RF next to L Rock LF to L side, recover, cross LF over R Hold, close RF next to L, cross LF over R
Section 2 1,2 &3,4 5,6 7&8	ROCK RECOVER WITH HIPS, BALL STEP, PIVOT ½ TURN R, WALK, WALK, L SHUFFLE FORWARD DIAGONAL Rock RF to R diagonal pushing hips forward(1.30), Recover weight on LF pushing hips back Close RF next to L, step LF forward diagonal, pivot ½ turn R weight on R (7.30) Walk forward L, R (7.30) Step LF forward, lock RF behind L, step LF forward
Section 3 &1,2 3,4 5,6 7&8	STEP FORWARD, TOUCH, STEP BACK, ¼ TURN R STEPPING RF TO R, TOUCH LF OUT, ¼ Turn L Stepping RF Forward, 3/8 Turn L Stepping RF to R side, Weave Step RF forward, touch LF behind R, step LF back ¼ turn R stepping RF to R side bending R knee, touch LF to L side as you look over R shoulder toward (weight still on RF) ¼ turn LF stepping LF forward (7.30), 3/8 turn L stepping RF to R side (facing 3.00) Step LF behind R, step RF to R side, cross LF over R
Section 4 1,2 3,4 5,6 7,8 **Tag:	STEP WITH HIP ROLLS, CROSS L OVER R, REPEAT, OUT, OUT, IN, IN Step RF to R side rolling hips anti clockwise, 1/8 Turn L crossing Lf over R Step RF to R side rolling hips anti clockwise, 1/8 Turn L crossing Lf over R (12.00) Step RF out to R diagonal (push both hands up R) step LF out to L diagonal (push hands up L) Step RF back (push both hands down R) close LF next to R (push both hands down L) During Wall 5 (facing 12.00)
Section 5 1,2 &3 4& 5,6 7&8	WIZARD STEPS X2, ROCK RECOVER, COASTER STEP Step RF to R diagonal, lock LF behind R Step RF to R diagonal, step LF to L diagonal Lock RF behind L, step LF to L diagonal Rock RF forward, recover on to L (Roll Hands in front, from bottom to top for styling) Step RF back, close LF next to R, step RF forward
Section 6 1,2 3,4 5-8 **Restart**:	PIVOT ½ R X2, STEP OUT L ROLLING HIPS ANTI-CLOCKWISE FULL CIRCLE Step LF forward pivot ½ turn R, place weight on to RF Step LF forward pivot ½ turn R, place weight on to RF (12.00) Step LF to L side, roll hips anti clockwise making full circle ending weight on LF on count 8 (Styling: Clap both hands in front of body, pushing hands forward as you make circle with hips, arms opening through hip movement) Wall 1 (facing 12.00)& 3 (facing 6.00)
Section 7 1,2 3,4 5,6 7,8	STEP BACK R,L,R HOLD, STEP BACK L,R,L HOLD Step RF back R diagonal rolling hands in front, step LF back diagonal rolling hands in front Step RF back R diagonal, hold Step LF back L diagonal rolling hands in front, step RF back to R diagonal rolling hands in front Step LF back L diagonal, hold
Section 8 1&2 3&4 5,6 7,8	SAILOR STEP X2, ROLLING TURN R TRAVELLING FORWARD Step RF behind L, step LF to L side, step RF to R side Step LF behind R, step RF to R side, step LF to L side (prep body to L) Step RF forward, ½ turn R stepping LF back ½ turn R stepping RF forward, ½ turn R stepping LF back (6.00)
**TAG 1,2 3,4 Ending:	(lyrics LA BOMBA) Stomp RF forward (Keeping weight in the middle of both feet), Hold Rock RF Forward, Recover on to LF (Styling: Roll hips forward and back) When finishing the turn section at the end of the dance make one extra ½ turn to face 12.00 then add the tag on the words LA BOMBA

Choreographer: Fred Whitehouse (UK) & Shane McKeever (IE)
Choreographed to: La Bomba by Rak-Su

