La Bomba (CBA 2020)

Count: 64 **Wall:** 2 **Level:** Intermediate / Advanced
Choreographer: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - February 2020
Music: La Bomba - Rak-Su : (Single)

Intro – Approx. 8 Seconds from start of the track, 16 counts

[1-8] Step Back, Rock Recover, Chest Pop/Shimmy, Rock Recover, Cross, Hold, Ball Cross

1,2&	Step RF back, Rock LF back, recover
3&4	Step LF to L side, chest pop/shimmy, close RF next to L
5&6	Rock LF to L side, recover, cross LF over R
7&8	Hold, close RF next to L, cross LF over R

[9-16] Rock Recover With Hips, Ball Step, Pivot ½ Turn R, Walk, Walk, L Shuffle Forward Diagonal

1,2	Rock RF to R diagonal pushing hips forward(1.30), Recover weight on LF pushing hips back
&3,4	Close RF next to L, step LF forward diagonal, pivot ½ turn R weight on R (7.30)
5,6	Walk forward L, R (7.30)
7&8	Step LF forward, lock RF behind L, step LF forward

[17-24] Step Forward, Touch, Step Back, ¼ Turn R Stepping RF To R, Touch LF Out, ¼ Turn L Stepping RF Forward, 1/8 Turn L Stepping RF to R side, Weave

&1,2	Step RF forward, touch LF behind R, step LF back
3,4	¼ turn R stepping RF to R side bending R knee, touch LF to L side as you look over R shoulder toward 1.30 (weight still on RF)
5,6	¼ turn LF stepping LF forward (7.30), 1/8 turn L stepping RF to R side (facing 3.00)
7&8	Step LF behind R, step RF to R side, cross LF over R

[25-32] Step With Hip Rolls, Cross L Over R, Repeat, Out, Out, In, In

1,2	Step RF to R side rolling hips anti clockwise, 1/8 Turn L crossing Lf over R
3,4	Step RF to R side rolling hips anti clockwise, 1/8 Turn L crossing Lf over R (12.00)
5,6	Step RF out to R diagonal (push both hands up R) step LF out to L diagonal (push hands up L)
7,8	Step RF back (push both hands down R) close LF next to R (push both hands down L)

****TAG During Wall 5 (facing 12.00)**

[33-40] Wizard Steps x2, Rock Recover, Coaster Step

1,2	Step RF to R diagonal, lock LF behind R
&3	Step RF to R diagonal, step LF to L diagonal
4&	Lock RF behind L, step LF to L diagonal
5,6	Rock RF forward, recover on to L (Roll Hands in front, from bottom to top for styling)
7&8	Step RF back, close LF next to R, step RF forward

[41-48] Pivot ½ R x2, Step Out L Rolling Hips Anti-Clockwise Full Circle

1,2	Step LF forward pivot ½ turn R, place weight on to RF
3,4	Step LF forward pivot ½ turn R, place weight on to RF (12.00)
5-8	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)

****Restart** Wall 1 (facing 12.00)& 3 (facing 6.00)**

[49-56] Step Back R,L,R Hold, Step Back L,R,L Hold

1,2	Step RF back R diagonal rolling hands in front, step LF back diagonal rolling hands in front
3,4	Step RF back R diagonal, hold

5,6	Step LF back L diagonal rolling hands in front, step RF back to R diagonal rolling hands in front
7,8	Step LF back L diagonal, hold

[57-64] Sailor Step x2, Rolling Turn R travelling Forward

1&2	Step RF behind L, step LF to L side, step RF to R side
3&4	Step LF behind R, step RF to R side, step LF to L side (prep body to L)
5,6	Step RF forward, ½ turn R stepping LF back
7,8	½ turn R stepping RF forward, ½ turn R stepping LF back (6.00)

****TAG (lyrics LA BOMBA)**

1,2	Rock RF forward, recover weight on L
3,4	Repeat (Styling: Roll hips forward and back x2)

Ending- 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

Contacts: f_whitehouse@hotmail.com - Smckeever07@hotmail.com
