

# La Bamba EZ

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**Count:** 32

**Wall:** 4

**Level:** Absolute Beginner / Beginner

**Choreographer:** Angéline Fourmage (FR) & Maryse Fourmage (FR) - 10 June 2023

**Music:** La Bamba - Los Lobos

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**Start : 7s. approximately (On the lyrics 'Bamba') No Tag – No Restart**

**Choreography written following a request for an initiation**

**[1-8] Mambo, Mambo, Side, Mambo, Side, Mambo**

1&2 RF FW, Recover to LF, RF Back  
3&4 LF Back, Recover to RF, LF FW  
5&6 RF to the R side, Recover to LF, RF next to LF  
7&8 LF to the L side, Recover to RF, LF next to RF

**[9-16] Side, Together, Side, Touch, Side, Together, ¼ L, Together**

1-2 RF to the R side, LF next to RF  
3-4 RF to the R side, Touch LF next to RF  
5-6 LF to the L side, RF next to LF  
7-8 Make ¼L with LF FW, RF next to LF

**[17-24] Swivel R, Hold, Swivel L, Hold**

1-2-3-4 Swivel both heels R, swivel both toes R, swivel both heels R, hold  
5-6-7-8 Swivel both heels L, swivel both toes L, swivel both heels L, hold (Option Hold with Clap)

**[25-32] Toe-Strut Backx2, Toe-Strut FWx2**

1-2 Point RF back, Drop R heel down  
3-4 Point LF back, Drop L heel down  
5-6 Point RF FW, Drop R heel down  
7-8 Point LF FW, Drop L heel down

**Option 1 Wall [9-16] Side, Together, Side, Touch, Side, Together, Side, Together**

1-2 RF to the R side, LF next to RF  
3-4 RF to the R side, Touch LF next to RF  
5-6 LF to the L side, RF next to LF  
7-8 LF to the L side, RF next to LF

**Smile and enjoy the dance**

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**Last Update - 12 June 2023**