

7046
Composers: Peter & Bronwyn Heath, 18 Heatherset Drive, Salisbury Park 5109 South Australia
Record: Warner Bros 7-21942 (London MX67889) Los Lobos Slow for comfort.
Footwork: Opposite. Woman's special instructions in parentheses.
Level: EZ INT 5-Ct Cha Cha (Ph III)
Sequence: INTRO - ABCD - A - E - INTER - AB - D - END

La Bamba



Meas

INTRO

1 - 4 WAIT;; SLO STD ACK;;

1 - 4 wait ofp wall;; bk coh L,-,pt R twd ptr,-; fwd wall R to bfly,-,tch L endg bfly wall,-;

PART A

1 - 4 BASIC;; NEW YORKER; WHIP TO BFLY COH;

1 - 2 rk fwd L,rec R,sd L/cl R,sd L; rk bk R,rec L,sd R/cl L,sd R

3 - 4 rk thru L,rec R,sd L/cl R,sd L; rk bk R trng 1/2 lf,rec fwd L,sip R trng 1/2 lf to fc ptr & coh/cl L, sd R (W fwd L,R trng 1/2 rf,sd L/cl R,sd L);

5 - 8 REPEAT MEAS 1-4 PART A ENDG BFLY WALL

PART B

1 - 4 RK SD REC X/SD X; RK SD REC X/SD X TO OP LOD; SLIDING DOOR DBL;;

1 - 2 rk sd L,rec R,thru xLif/sd R,thru xLif; rk sd R,rec L,thru xRif/sd L,thru xRif to op lod;

3 - 4 rk apt L,rec R,xib of W xLif/sd R,xLif; rk apt R,rec L,xib of W xRif/sd L,xRif;

5 - 6 2 AWAY KICK TOG TCHS TO BFLY;;

5 - 6 apt L,kick R,tog R,tch L; apt L,kick R,tog R,tch L in bfly;

PART C

1 - 6 CHASE TO LOOSE CP;;; SHLDR TO SHLDR TWICE;;

1 - 2 rk fwd L,trn 1/2 rf rec R,xLif/sd R,xLif (W repeat meas 1 Part A); rk sd R,rec L,xRif/sd L,xRif trn 1/2 lf (W rk fwd L,trn 1/2 rf rec R,xLif/sd R,xLif);

3 - 4 repeat meas 1-2 Part A (W rk sd R,rec L,xRif/sd L,xRif trn 1/2 lf; repeat meas 1 Part A)

5 - 6 rk fwd L scar,rec R cp wall,sd L/cl R,sd L; rk fwd R bjo,rec L cp wall,sd R/cl L,sd R;

PART D

1 - 8 MOD LF TRNG BOX;;; HALF BOX (W CIR); LARIAT TO BFLY;;

1 - 2 sd lod L,cl R trng 1/2 lf,fwd L/cl R,fwd L; sd R,cl L trng 1/2 lf,bk R/cl L,bk R to cp coh;

3 - 4 sd L,cl R trng 1/2 lf,fwd L/cl R,fwd L; sd R,cl L trng 1/2 lf,bk R/cl L,bk R;

5 - 6 sd L,cl R,fwd L/cl R,fwd L (W trn rf); do meas 2 Part E (W trn rf)

7 - 8 do meas 1-2 Part E (W cont cir arnd M) endg bfly

PART E

1 - 8 2 CUCARACHAS;; 2 MOD SAND STEPS;; OP BREAK; HND TO HND; DBL SPOT TRN TO BFLY;;

1 - 2 sd L,rec R,sip L/R,L; sd R,rec L,sip R/L,R;

3 - 4 toe L,heel L,xLif/sd R,xLif; toe R,heel R,xRif/sd L,xRif;

5 - 6 apt L,rec R,sd L/cl R,sd L; xRib to lop,rec L to bfly,sd R/cl L,sd R;

7 - 8 thru rlod L,trn 3/4 rf rec R,sd L/cl R,sd L; thru lod R,trn 3/4 lf rec L,sd R/cl L,sd R;

9 -14 BASIC;; NEW YORKER TO OP; 3 SWIV WALKS TO BFLY;;

9 -11 repeat meas 1-3 Part A endg op lod

12-14 xRif,xLif,fwd R/cl L,fwd R; xLif,xRif,fwd L/cl R,fwd L; xRif,xLif,fwd R/cl L,fwd R to bfly;

15-20 FC TO FC; BK TO BK TO OP LOD; OP BASIC TO BFLY;; CUCARACHA; SPOT TRN TO BFLY;

15-16 sd L,xRib,sd L/cl R,sd L to bk to bk; sd R,xLib,sd R/cl L,sd R to op lod;

17-18 rk fwd L,rec R,bk L/cl R,bk L; rk bk R,rec L,fwd R/cl L,fwd R to bfly;

19-20 repeat meas 1 & meas 8 Part E

INTERLUDE

1 - 4 NEW YORKER TWICE;; SLO STD ACK;;

1 - 4 repeat meas 3 Part A then rk thru R,rec L,sd R/cl L,sd R; repeat meas 3-4 Intro

ENDING (Turn music up if possible.)

1 - 8 SLO STD ACK;; VINE TWIRL CHA; REV VINE TWIRL CHA TO OP; FIG 8 TO OP;;;

1 - 2 repeat meas 3-4 Intro

3 - 4 sd lod L,xRib (W twirl rf),sd L/cl R,sd L; sd rlod R,xLib (W rev twirl lf),sd R/cl L,sd R;

5 - 6 cir away coh L,R,trn 1/2 lf L/R,L; cir tog R,L,pass right shoulders R/L,R;

7 - 8 cir away wall L,R,trn rf L/R,L; cir tog R,L,pass right shoulders R/L,R to op lod;

9 -16 FWD 3 KICK; WRAP 3 TCH; UNWRAP 4; 2 AWAY KICK TOG TCHS;; OP VINE 8;; SLO APT PT;

9 -10 fwd L,R,L,kick R; bk R,L,R (W wrap lf),tch L in wrap lod;

11-12 sip L,R,L,R (W unwrap) to op lod; repeat meas 5 Part B

13-14 repeat meas 5 Part B to bfly sd L to lop,bk R to bfly,sd L to op,thru R to bfly;

15-16 repeat meas 14 Ending then repeat meas 3 Intro