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La Bamba Marumba

64 count, 4 wall, Beginner/Intermediate level

Choreographer : Chris, The B.E.T.H. Stetson

Stompers (UK) 2001

Choreographed to : La Bamba by Borderline,
CD Single

Intro count 4 X 8 Beats before commencing dance Enjoy the Latin Rhythms
Please note the timing or beats Q,Q,S, =1beat for each Quick, 2 beats over each slow making a count of 1.2.3.4.
over the Quick, Quick, Slow.

I hope you enjoy and don't forget to sway those hips and move that body.

Alternative; Sorrento Moon (I Remember By Tina Arena Don't Ask Album

Notes: Count 8 counts of eight from the very beginning, or 4 counts of eight from when the heavier beats start in the rhythm section, this will start the dance just before Tina starts singing.

Section 1

1.2.3.4. Q.Q.S

1.2.3.4 Q.Q.S

Forward & Backward Mambo Type steps

Step left foot fwd, replace weight back onto right foot,
Slightly close left foot to the side of right foot with weight,
Step right foot back, replace weight forward onto left foot,
Slightly close right foot to the side of left foot with weight.

Section 2

1.2. Q.Q.

3.4 S

1.2 Q.Q.

3.4 S

Side Mambo Type steps to left then right

Step left foot out to left, replace weight to right foot in place,
Close left foot to right with weight,
Step right foot out to right, replace weight to left foot in place,
Close right foot to left with weight.

Section 3

1.2.3.4 Q.Q.S

1.2. Q.Q.

3.4 S

& (and)

Weave to the Right with Sways Right, Left, Right

Step forward and across with left foot, step to the right with
the right foot, step across and behind with the left foot
Move weight over right foot (sway), move weight over left foot
(sway)
Move weight over right foot (sway)
A small step is taken onto the left foot

Section 4

1.2.3.4 Q.Q.S

1.2 Q.Q

3,4 S

Weave to the left with Sways Left, Right, Left

Step forward and across with right foot, step to the left with
the left foot, step across and behind with the right foot
Move weight over the left foot (sway), move weight over the rightfoot (sway)
Move weight over left foot (sway)

Section 5

1.2.3.4 S.S

1.2.3.4 S.S

Slow ½ Pivot Turns X 2

Step forward right, turning ½ turn to the left step forward onto left,
Step forward right, turning ½ turn to the left step forward onto left,

Section 6

1.2.3.4 Q,Q,Q,Q

1.2.3.4 Q,Q,Q,Q

Eight count Rocking Chair with Right foot leading

Step right foot forward, replace weight back onto left foot
Step right foot back, replace weight forward onto left foot
Step right foot forward, replace weight back onto left foot
Step right foot back, replace weight forward onto left foot

Section 7

1.2.3.4 Q.Q.S

1.2.3.4 Q.Q.S

Turning left sailor steps 2 X ¼ turns

Step right foot across behind left, step small step to left with left foot
taking ¼ turn left, step small step to right with right foot,
Step left foot across behind right, step small step to right with right
taking ¼ turn left, step small step to left with left foot

Section 8

1.2.3.4 Q.Q.S

1.2.3.4 Q.Q.S

Sugarfoot step right foot with ¼ turn left, Sugarfoot step left foot with touch.

Touch right toe to left instep, turn right foot out, touch right heel to left instep
Step down on right foot turning a ¼ turn left
Touch left toe to right instep, turn left foot out, touch left heel to right instep
touch left foot to floor by right foot, without weight.

REPEAT WITH A SMILE

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