

# La Bomba - CBA 2020



**Count:** 64    **Wall:** 2    **Level:** Intermediate / Advanced

**Choreographer:** Fred Whitehouse (Ireland) Shane Mckeever (Ireland) February 2020

**Music:** La Bomba by 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**

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