Angel's Lambada

Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Colin Ghys (BEL), José Miguel Belloque Vane (NL), Sébastien BONNIER (FR), Chrystel DURAND (FR) & Séverine Fillion (FR) - July 2026

Music: Lambada | Afro House - Afro Beats

DON ANGEL LINE DANCE WEEK - Santa Susanna - Spain
June 28th to July 3rd 2026

Intro : 16 counts

[1-8] DIAGONALLY BUMPY ROCK FWD, RECOVER, SHUFFLE FWD (R & L)

1-2	Diagonally right : Rock fwd on right with hip bump fwd, recover on left back
3&4	Shuffle right – left – right diagonally right fwd
5-6	Diagonally left : Rock fwd on left with hip bump fwd, recover on right back
7&8	Shuffle left – right – left diagonally left fwd

[9-16] JAZZ BOX 1/4 TURN RIGHT TWICE

1-4	Right cross over left, left step back, 1/4 turn right stepping right to right, left fwd
5-8	Right cross over left, left step back, 1/4 turn right stepping right to right, left fwd 6 :00

[17-24] SAMBA WHISK (R & L), ROLLING VINE RIGHT, SIDE POINT

1-2&	Large right step to the right, rock back on left, recover on right
3-4&	Large left step to the left, rock back on right, recover on letf
5-7	1/4 T right stepping right fwd, 1/2 T right stepping left back, 1/4 T right stepping right to right
8	Point left toe to left side 6 :00

[25-32] ROLLING VINE LEFT, TOUCH, SIDE STEP & TOUCH with SHIMMY, 1/4 T LEFT, CLAP CLAP

1-3	1/4 T left stepping left fwd, 1/2 T left stepping right back, 1/4 T left stepping left to left
4	Touch right next to left 6 :00
5-6	Right to right with shimmy shoulders, Touch left to left
7&8	Recover on left with 1/4 T left, Touch right next to left + Clap Clap 3 :00

TAG 1 : 16 counts after wall 8 at 12 :00
[1-8] Walks fwd 8 counts by raising your arms upwards on each count
[9-15] Walks backwards 7 counts with shoulders shimmy (arms at your sides)

&16	Clap Clap

TAG 2 : 24 counts after wall 9 at 3 :00 – To recover facing 12 :00
[1-12] Wave your arms turning 1/2 turn to the left (9 :00) : lift your left arm in a circle to the left and bring your right arm to meet your left arm. Finish with the right forearm resting on left forearm.
[13-20] Wave your arms turning 1/4 turn to the right (12 :00) : lift your right arm in a cicle to the right and bring your left arm to meet your right arm. Finish with the left forearm resting on right forearm.

21-24	Shimmy shoulders

… Then Restart the dance at the beginning!

ENDING : Facing 12:00, after the last Rolling vine to the right, side left stomp to finish!

ENJOY & HAVE FUN

Quelle: https://www.copperknob.co.uk/