

Spanish influence. a Sonora
simplified steps. to break ice for this type step -

141

LA BAMBA

Country: Veracruz, Mexico Jalisco ..

Pronounced: la BAHM-bah

Music: 2/4 time

Record: Peerless 45/5052 A Son Jarocho

self band
Musart DM 442 (LP) 2 3
/ Imperial 6083 (45)
Peerless LD599 B 4

Formation: Ptrs facing each other in two lines, about six feet apart. W holds her skirt out to side, M lets his arms hang loose at sides. He does not grasp hands in back as he does in dances from Jalisco.

follow set patterns but is done free style using any or all of the following desired steps. In Mexico the dancer does not

Meas. cts

INTRODUCTION

self pg 130

1-8 Facing ptr, do 4 La Bamba steps in place.
9 Pause for the two chords of music.

PART I

No WT.

1 1 Moving twd ptr, stamp R ft fwd, facing slightly to the L.
2 Step on R ft.
2 1 Stamp L ft fwd. No WT.
2 Step on L ft.
3-4 Repeat meas. 1-2.
5 1 Moving back to place, step back on R ft.
& Step back on L ft. Kicks
2 Step back on R ft, swinging L ft fwd.
6 Repeat meas. 5 with opp footwork.
7-8 Repeat meas. 5-6.
9-16 Repeat meas. 1-8.
17-18 Repeat meas. 1-2.

PART II

1-4 Using 2 La Bamba steps, exchange places with ptr, passing R shoulders.
5-8 With the same step, turn 1-1/2 times CW in place, ending up facing ptr again.
9-16 Repeat meas. 1-8, returning to original pos and turning 1-1/2 times.
17-18 Pause.

LA BAMBA (Cont)

PART III*up pg 130 double time.*

- 1-3 Using zapateado 1 *move* fwd twd ptr.
 4 Passing ptr by R shoulder, circle around each other
 once; finish facing as at the beginning of the step.
 1 Step on R ft behind L ft.
 & Hop on R ft.
 2 Step on L ft behind R ft.
 & Hop on L ft.
 6-8 Repeat meas. 5, *3x move* ending up back in original pos.
 9-16 Repeat meas. 1-8.
 17-18 Pause.

PART IV

- ah Scuff R heel.
 1 1 Stamp fwd on R ft.
 & Stamp fwd on L ft.
 2 Stamp fwd on R ft.
 & Hop on R ft.
 ah The step begins again scuffing L heel.
 2 Repeat meas. 1, using opp footwork.
 3-4 Repeat meas. 1-2, passing R shoulders with ptr.
 5-8 Using same step, do turn as in Part III.
 9-16 Repeat meas. 1-8.
 17-18 Pause.

PART V

- 1-16 Repeat Part II
 1 1 Step fwd on R ft over L twd ptr.
 & Hop on R ft.
 2 Step fwd on L ft over R ft.
 & Hop on L ft.
 2 1 Step fwd on R ft over L ft.
 & Stamp back on L ft.
 2 Stamp fwd on R ft.
 & Hop on R ft.
 3-4 Repeat meas. 1-2, using opp footwork.
 5-8 Repeat meas. 1-4, reversing direction.
 9-16 Repeat meas. 1-8.
 17-18 Pause.

PART VI-A

- 1 1 Step fwd on R ft, kick L ft in front, keeping heel
 close to R ankle.
 & Hop on R ft.
 2 Same as ct 1, starting with L ft stepping fwd.

LA BAMBA (Cont)

- 2 1 Step fwd on R ft, kicking L ft straight out.
 & Step fwd on L ft, kicking R ft straight out
 2 Step fwd on R ft, kicking L ft straight out,
 keeping heel close to R ankle.
 & Hop on R ft.
 3-8 Repeat meas. 1-2, passing R shoulders with ptr
 and making a 1/2 CW turn in opp pos.
 9-16 Repeat meas. 1-8, moving back to original pos and
 turning to face ptr.
 This step is done in the same rhythm as the La
 Bamba step: step-hop, step-hop, step, step,
 step. The movements are quick and scissors-like.
 17-18 Pause. *hop.* *dance entirely on toes.*

PART VI-B

- 1-9 Repeat Part VI-A.

PART VII

- 1-18 Repeat Part II.

PART VIII

- 1-18 Repeat Part VI-A.

PART IX

- 1-18 Repeat Part II.

PART X

- 1-16 Repeat Part I, facing up the line (to the M's L).
 17-18 Step twd ptr with inside ft.
 Make one turn in, by stepping on other ft.
 M takes W's L hand in his L hand, holding it out
 to front, and puts his R hand around her waist,
 both pointing L ft fwd touching floor.

Presented by Alura Flores de Angeles