

# La Pompa

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**Count:** 48      **Wall:** 4      **Level:** Intermediate

**Choreographer:** Ria Vos - Aug 2016

**Music:** Mueve La Pompa (feat. Mista 'O'), Marki

## Intro: 40 Counts ( $\pm$ 22 sec)

### S1: Cross & Heel & Touch & Heel & Cross Samba, $\frac{1}{4}$ R Cross Samba

- 1&2**      Cross R Over L, Step L to L Side, Touch R Heel to R Diagonal
- &3**      Step Down on R, Touch L Next to R
- &4**      Step (Slightly Back) Down on L, Touch R Heel to R Diagonal
- &5&6**      Step Down on R, Cross L Over R, Rock R to R Side, Recover on L
- 7&8**      Cross R Over L with  $\frac{1}{4}$  Turn R, Rock L to L Side, Recover on R

### S2: Cross, Side, $\frac{1}{2}$ L Sailor Cross, Side Rock-Cross, Side Rock-Cross, Point

- 1-2**      Cross L Over R, Step R to R Side
- 3&4**      Step L Behind R Turning  $\frac{1}{2}$  Turn L, Step R Next to L, Cross L Over R
- 5&6**      Rock R to R Side, Recover on L, Cross R Over L
- &7&8**      Rock L to L Side, Recover on R, Cross L Over R, Point R to R Side \*\*\*Restart Point

### S3: Step Fwd, Hitch $\frac{1}{2}$ R, Lock Step Fwd, Full Turn L, Mambo Step

- 1-2**      Step Fwd on R, Turn  $\frac{1}{2}$  Turn R on R Hitching L
- 3&4**      Step Fwd on L, Lock R Behind L, Step Fwd on L
- 5-6 $\frac{1}{2}$  Turn L Step Back on R,  $\frac{1}{2}$  Turn L Step Fwd on L**
- 7&8**      Rock Fwd on R, Recover on L, Step Back on R

### S4: Walk Back with Swivel x2, Reverse Rocking Chair, Walk Back with Swivel x2, Coaster Step

- 1-2**      Step Back on L Swiveling R Toe Out to R, Step Back on R Swiveling L Toe out to L
- 3&4&**      Rock Back on L, Recover on R, Rock Fwd on L, Recover on R
- 5-6**      Step Back on L Swiveling R Toe Out to R, Step Back on R Swiveling L Toe out to L
- 7&8**      Step Back on L, Step R Next to L, Step Fwd on L

## **S5: Cross-Ball-Cross-Ball-Cross-Ball-Cross Turning Full Turn R, Side Step, Point, Kick-Ball-Cross**

- 1&2&3&** Cross R Over L, Step on Ball of L to L Side- Repeat another 2 times while Turning Full Turn R
- 4** Cross R Over L
- 5-6** Step L Big Step to L Side, Touch R Behind L (option: snap fingers both hands to L side)
- 7&8** Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R

## **S6: & Touch & Bounce, & Touch & Heel & Step Pivot ½ L, Step Pivot ½ L**

- &1&2** Step R to R Side, Touch L Next to R, Bump L Hip Up, L Hip Down (weight R)
- &3&4** Step L to L Side, Touch R Next to L, Step Back on R, Touch L Heel Fwd
- &5-6** Step L Next to R, Step Fwd on R, Pivot ½ Turn L
- 7-8** Step Fwd on R, Pivot ½ Turn L

**Restart: On Wall 3 After 16 Counts (3:00)**

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