

Lambamor

Choreographer: Mitsuko Okino 5-25 Dogomidoridai, Matsuyama, Ehime 790-0847, Japan

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Music : "Lambamor"(edited) Album: Worldbeat Artist: Kaoma

Rhythm : Merengue ph IV+1(Natural Top)+1(Snake) Speed : Slow to Suit Date : Jan. 2012 Ver.1.1

Footwork : Opposite, directions for man (lady as noted)

Sequence : Intro - A - A mod - B - Interlude - A - B - B - Interlude - C - B - Ending

Meas

INTRO

**1~ 8 (Bk to Bk) WAIT 2 MEAS;; CIRCLE AWAY 3 TRN & POINT SD;
TOGETHER 3 TCH(W CL); SD SEPARATION 4 MEAS;;;;**

- 1- 2 Bk to bk pos M fcg COH wait 2 meas;;
- 3- 4 {Circle Away 3 & Trn Pt & Tog 3 tch} Circle away L, R, L twd COH (twd WALL) trn LF fc WALL, pt R sd twd RLOD(pt L sd); Fwd R, L, R twd ptr, pt L(W cl R) CP fc WALL;
- 5- 8 {Sd Separation 4 Meas} Sd L moving twd LOD away from W chng hnd hold to R/R palms tch & maintaining them at shoulder level (Step sd L moving twd RLOD away from M), cl R, sd L, tch R; Step sd R moving twd RLOD(W twd LOD), cl L, sd R, cl L; Stp sd R chng hnd hold to L/L palms tch), cl L, sd R, tch L (both tch); Step sd L maintaining hnds at shoulder level moving twd Lady & LOD (Step sd L moving twd M & RLOD), cl R, sd L, cl R(W tch R) fcg Lady in CP;

Meas

PART A

**1~ 9 PROM WLK; MERENGUE BASIC; PROM WLK; MERENGUE BASIC;
APART 4; LADY WRAP ; WHEEL 4 UNWRAP(FC WALL);; TWIRL 2 SD CL;**

- 1 {Prom Wlk} Trn to SCP LOD fwd L, fwd R, fc WALL sd L, cl R;
- 2 {Merengue Basic} CP fcg WALL sd L, cl R, sd L, cl R;
- 3 {Prom Wlk} Trn to SCP LOD fwd L, fwd R, fc WALL sd L, cl R;
- 4 {Merengue Basic} CP fcg WALL sd L, cl R, sd L, cl R;
- 5 {A part 4} Joining both hnds low bk away from partner small steps apt L, R, L, R keep hnds joined;
- 6 {Wrap} Stp tog L, R, L, R raising lead hnd to wrap W LF (W fwd twd M trng LF under joined lead hnds R, L, R, L to end on M's R) keep trailing hnds joined lowering lead hnds in front of lady both fc WALL;
- 7- 8 {Wheel & Unwrap} In wrapped pos wheel RF fwd (bk) L, R, L, R to fc COH; Cont wheel L, R, L, R (W trn RF under lead hnds R, L, R, L) both hnds still joined end WALL;
- 9 {Twirl 2 sd cl} Raise lead hnds sd L, cl R (W trn RF under R, L), sd L, cl R to CP WALL;

PART A(Mod)

**1~ 8 PROM WLK ;MERENGUE BASIC; PROM WLK; MERENGUE BASIC;
APART 4; LADY WRAP ; WHEEL 4 UNWRAP(X HNDS FC WALL);;**
**9~ 16 BASIC w/HEAD LOOPS; MERENGUE BASIC; BK BREAK SWING Twice;;
CONTINUOUS SD BREAKS;; CHG HNDS BEHIND BK(FC COH);;**

- 1- 8 Same as part A 1-8 measure end X hnds hold R/R hnds over L/L hnds;;;;;;;
- 9 {Basic w/ head loops} Sd L twd LOD looping R/R hnds over M's neck, cl R, sd L looping L/L hnds over M's neck, cl R ending in CP;
- 10 {Merengue Basic} CP fcg WALL sd L, cl R, sd L, cl R;
- 11-12 {Bk Break swing} Trng to SCP LOD sm rk bk L, rec R trng to fc ptr, sd LOD L keeping R ft in plc while lowering into knees and swinging hips twd LOD, rec R while swinging hips twd RLOD; trng to SCP LOD sm rk bk L, rec R trng to fc ptr, sd LOD L keeping R ft in plc while lowering into knees and swinging hips twd LOD, rec R while swinging hips twd RLOD;
- 13-14 {Continuous Sd Breaks} CP WALL sd L, rec R, cl L, sd R ; rec L, cl R, sd L, cl R ;
- 15-16 {Cng Hnds Behind Bk} LOP fcg apt L, rec R, fwd L(fwd R trng 1/4 RF) releasing L hnd and trng 1/2 LF, bk R placing L hnd behind bk chng W's R hnd to M's L hnd ; Bk L, rec R, sd L, cl R ;

Meas**PART B**

1~ 8 OPEN BREAK to NAT TOP w/UNDERARM TRN;;
CHG HNDS BEHIND BK(BFLY WALL);; SNAKE;;; MERENGUE BASIC;
***2nd & 4th start from WALL**

- 1- 2 {Open Break to Nat Top} Blending LOP fc pos M fc COH rk apt L, rec R, blending CP Sd & fwd L commence Trng RF, cont trng RF XRIB(W apt R, rec L, fwd R comm trng RF, cont trng RF sd & fwd L); cont trng RF sd L, cont trng RF XRIB raising joined lead hnds to trn W RF, cont trng RF sd L, cl R (cont trng RF XRIF, sd & fwd L comm trng RF under joined lead hnds, cont trn RF under joined lead hnds fwd R, sd L to fc ptr) end in LOP fc position M fc COH;
- 3- 4 {Chg Hnds Behind Bk} LOP fcg apt L, rec R, fwd L(fwd R turning 1/4 RF) releasing L hnd and trng 1/2 LF, bk R placing L hnd behind bk chg W's R hnd to M's L hnd ; Bk L, rec R, sd L, cl R BFLY WALL ;
- 5- 7 {Snake} raising lead hnds trn LF 3/4 under joined hnds in plc L, R, L, R bring lead hnds down (W in plc R, L, R, trng 1/4 RF L) end HAMMERLOCK RLOD;
Raising lead hnds lead W to trn RF while trng 1/4 RF in plc L, R, (W trn 1/4 RF under joined hnds in plc R, L,) end Bk to Bk pos, lowering lead hnds & raising trail hnds lead W to trn RF under joined hnds while trng 1/4 RF in plc L, R lower trail hnds (W trn 1/4 RF under joined hnds in plc R, L) end M's HAMMERLOCK LOD ; Raising trailing hnds in plc L, R, L, R trng 3/4 LF(trng 1/4 RF) under trail hnds to BFLY WALL;
- 8 {Merengue Basic} Sd L, cl R, sd L, cl R;

INTERLUDE**1~ 2 CONGA WLK L & R;;**

- 1- 2 {Conga Wlk} no hnds joined twd LOD sd L, thru R, sd L trng RF on L (LF on R), pt R(L) RLOD;
To RLOD sd R, thru L, R trng LF on R (RF on L) pt L sd LOD fcg ptr & WALL;

Meas**PART C**

1~ 16 CONGA WLK FWD & BK;; ARM SLIDE;;
DBL UNDERARM TRN(BK TO BK); MERENGUE BASIC; AROUND to CP;
MERENGUE BASIC; CONGA BREAK; PROM WLK; CONGA BREAK;
MERENGUE GLIDE; 4 LF TRNING ROCKS;;;;

- 1- 2 {Conga Wlk Fwd & Bk} Fwd L, fwd R, fwd L, flexing left knee point R bk leaning upper body fwd; Bk R, bk L, bk R, flexing right knee point L fwd leaning upper body backward;
- 3- 4 {Arm Slide} Hnds on ptr's shoulders M fcg WALL gradually moving hnds down ptr's arms bk L, bk R, bk L, cl R (bk R, L, R, cl L) to low dbl hnd hold ;
Gradually moving arms outward to the sd fwd L, R, L, cl R(fwd R, L, R, cl L)BFLY;
- 5 {Dbl U/arm Trn} Raising lead hnds keep trailing hnd trng LF in plc L, R, L, R Bk to Bk
Pos fc COH(W fc Wall);
- 6 {Merengue Basic} Sd L, cl R, sd L, cl R;
- 7 {Around to CP WALL} Release trail hnd trng LF(trng RF) fwd L, fwd R, fwd L, cl R CP WALL;
- 8 {Merengue Basic} Sd L, cl R, sd L, cl R ;
- 9 {Conga Break} Blend to SCP fwd L, fwd R, XLIF of R, Cl R/ heel tap L to SCP;
- 10 {Prom Wlk} SCP LOD fwd L, fwd R, fc WALL sd L, cl R;
- 11 {Conga Break} Blend to SCP fwd L, fwd R, XLIF of R, Cl R/ heel tap L to SCP;
- 12 {Merengue Glide} Blending to CP sd L/cl R, sd L/cl R, sd L, cl R;
- 13 {4 LF Trng Rks} CP WALL fwd L comm LF trn, rec R complete 1/4 LF trn to fc LOD, sd L, cl R;
- 14 Repeat meas 13 of Part C to CP COH;
- 15 Repeat meas 13 of Part C to CP RLOD;
- 16 Repeat meas 13 of Part C to CP WALL;

Meas**ENDING****1~ 2+ CHG HNDS BEHIND BK;; OK OPEN BREAK TRAIL HAND UP,**

- 1-2 {Chg Hnds Behind Bk} Same as part B 3-4 measure
+ {Q Open Break} Quick Step apt L sharply extend R arm up w/palm out,