

La Pompa

Choreographer : Ria Vos (August 2016)

Type of dance : 4 wall linedance

Level : Intermediate

Counts : 48

Intro: 40 counts

[Home](#)

Music : Mueve La Pompa

Artist : Marki

[Dancevideo](#)

Cross & Heel & Touch & Heel & Cross Samba, ¼ R Cross Samba

1&2Cross R Over L, Step L to L Side, Touch R Heel to R Diagonal

&3Step Down on R, Touch L Next to R

&4Step (Slightly Back) Down on L, Touch R Heel to R Diagonal

&5&6Step Down on R, Cross L Over R, Rock R to R Side, Recover on L

7&8Cross R Over L with ¼ Turn R, Rock L to L Side, Recover on R

Cross, Side, ½ L Sailor Cross, Side Rock-Cross, Side Rock-Cross, Point

1-2Cross L Over R, Step R to R Side

3&4Step L Behind R Turning ½ Turn L, Step R Next to L, Cross L Over R

5&6Rock R to R Side, Recover on L, Cross R Over L

&7&8Rock L to L Side, Recover on R, Cross L Over R, Point R to R Side ***Restart Point

Step Fwd, Hitch ½ R, Lock Step Fwd, Full Turn L, Mambo Step

1-2Step Fwd on R, Turn ½ Turn R on R Hitching L

3&4Step Fwd on L, Lock R Behind L, Step Fwd on L

5-6½ Turn L Step Back on R, ½ Turn L Step Fwd on L

7&8Rock Fwd on R, Recover on L, Step Back on R

Walk Back with Swivel x2, Reverse Rocking Chair, Walk Back with Swivel x2, Coaster Step

1-2Step 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

5-6Step Back on L Swiveling R Toe Out to R, Step Back on R Swiveling L Toe out to L

7&8Step Back on L, Step R Next to L, Step Fwd on L

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

4Cross R Over L

5-6Step L Big Step to L Side, Touch R Behind L (option: snap fingers both hands to L side)

7&8Kick R to R Diagonal, Step on Ball of R Next to L, Cross L Over R

& Touch & Bounce, & Touch & Heel & Step Pivot ½ L, Step Pivot ½ L

&1&2Step R to R Side, Touch L Next to R, Bump L Hip Up, L Hip Down (weight R)

&3&4Step L to L Side, Touch R Next to L, Step Back on R, Touch L Heel Fwd

&5-6Step L Next to R, Step Fwd on R, Pivot ½ Turn L

7-8Step Fwd on R, Pivot ½ Turn L

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

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