

La Mala Y La Buena (The Bad And The Good)

Choreographed : Vincent Dijks (Feb 2017)

Music : La Mala Y La Buena "By" Alex Sensation ft. Gente De Zona

Descriptions : Part A 32 - Part B 32 counts 4 wall - Phrased Intermediate line dance

: marja42@kpnmail.nl



Sequences: A, Tag1, B*, A, Tag 1, B2&, A, Tag1, B, Tag1, B, B*, Tag2, A, B

Intro: 32 Counts

PART A

Cross Samba x 2, Cross Shuffle, Ball, Cross Samba

1	LF	cross over
&	RF	rock side
2	LF	recover
3	RF	cross over
&	LF	rock side
4	RF	recover
5	LF	cross over
&	RF	step side
6	LF	cross over
&	RF	step side on ball foot
7	LF	cross over
&	RF	rock side
8	LF	recover

Cross Samba x 2, Cross Shuffle, Ball, Cross Samba

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&	LF	rock side
2	RF	recover
3	LF	cross over
&	RF	rock side
4	LF	recover
5	RF	cross over
&	LF	step side
6	RF	cross over
&	LF	step side on ball foot
7	RF	cross over
&	LF	rock side
8	RF	recover

Mambo Fwd x2, Side Mambo x2

1	LF	rock forward
&	RF	recover
2	LF	together
<i>dip slightly</i>		
3	RF	rock forward
&	LF	recover
4	RF	together
<i>dip slightly</i>		
5	LF	rock side
&	RF	recover
6	LF	together
7	RF	rock side
&	LF	recover
8	RF	together

Rocking Chair, Side Mambo (x2)

1	LF	rock forward
&	RF	recover
2	LF	rock back
&	RF	recover
3	LF	rock side
&	RF	recover
4	LF	together
5	RF	rock forward
&	LF	recover
6	RF	rock back
&	LF	recover
7	RF	rock side
&	LF	recover
8	RF	touch beside

PART B

Chassé x2, Cross Back Together, Ext.

Step Lock Step Fwd

1	RF	step side
&	LF	together
2	RF	step side
<i>1&2: push hands up diagonal right</i>		
3	LF	step side
&	RF t	ogether
4	LF	step side
<i>3&4: push hands up diagonal left</i>		
5	RF	cross over
&	LF	step back
6	RF	together
&	LF	step forward
7	RF	lock behind
&	LF	step forward
8	RF	lock behind
&	LF	step forward

Samba Whisk x2, Extended Shuffle 1/2 R

1	RF	step side
2	LF	rock behind
&	RF	recover
3	LF	step side
4	RF	rock behind
&	LF	recover
5	RF	1/8 right, step forward
&	LF	step beside
6	RF	1/8 right, step forward
&	LF	step beside
7	RF	1/8 right, step forward
&	LF	step beside
8	RF	1/8 right, step forward

Rock Across Recover, Rock Side Recover, Rock Across Recover, Side (x2)

1	LF	rock across
&	RF	recover
2	LF	rock side
&	RF	recover
3	LF	rock across
&	RF	recover
4	LF	step side
5	RF	rock across
&	LF	recover
6	RF	rock side
&	LF	recover
7	RF	rock across
&	LF	recover
8	RF	step side

Vaudeville x2, Back-Point x4

1	LF	cross over
&	RF	step slightly right back
2	LF	dig heel left forward
&	LF	together
3	RF	cross over
&	LF	step slightly left back
4	RF	dig heel right forward
&	RF	step back
5	LF	point across
&	LF	step back
6	RF	point across
&	RF	step back
7	LF	point across
&	LF	step back
8	RF	point across
<i>* + only after 1st and 5th part B:</i>		
&	RF	together

TAG 1

Hitch, Side/Hip Roll

1	RF	hitch across
2-4	RF	step side and roll hips
clockwise		

TAG 2

Rock Fwd Recover Recover (x2)

1	LF	rock forward
&	RF	recover
2	LF	recover
3	RF	rock forward
&	LF	recover
4	RF	recover