

LA BAMBA

Taught by Nelda Lindsay

La Bamba is from the state of Veracruz, but has become popular all over Mexico. This dance is not danced in any set pattern, but each couple starts with basic steps, and uses variations of floor patterns. Also, little groups may form in sets as for Virginia Reel and do various figures such as these: cross over to the other side and back to place, ---right hand around,---left hand around---do-si-do,---forward to partner, face front, girl turns under raised hands,---visiting: to center, then girl backs up and gent follows, then gent backs up and lady follows, go to center again, and separate to own place.

The basic Bamba step is a step, step, step, hop--sort of a diminutive schottisch (the hop is like a little pull) Also: step, step, step, Hop, heel step, step, step, hop.