

La Di Da

Count: 64

Wand: 2

Ebene: Phrased Intermediate /
Advanced



Choreograf/in: Lilian Lo (HK) - March 2022

Musik: My Heart Goes (La Di Da) - Becky Hill & Topic

Introduction: 16 counts (Start on vocal. 0:09 mins.)

Sequence AA BB AA BBB

Part A: 32c

AS1 Cross, Sweep, Cross, Side, Rock R-L-R

1 2 3 4 RF cross over LF, LF sweep to front (1), Keep sweeping (2,3), LF cross over RF (4)

5 6 7 8 RF step to side, start to rock R (5), complete the rock R (6), Rock L (7), Rock R (8)

AS2 Push L, Lift R, Sweep, Behind, Side, Cross Check, Replace, Side

1 2 Push upper body L, Lift RF to side (1), RF sweep back (2)

3 4 5 6 RF cross behind LF (3), LF step to side (4), RF cross over LF (5), Hold (6)

7 8 Replace onto LF (7), RF step to side (8)

AS3 Cross check, Replace, Out-out, Close, Cross, 5/8 R, ½ R

1 2 LF cross over RF (1), Replace onto RF (2)

&3 4 LF step to side (&), RF step to side, keep weight on LF (3), Hold (4)

&5 RF close beside LF (&), LF cross over RF (5)

6 7 Turn 5/8 R to face 7:30, keep weight on LF (6), RF step in place (7),

8 Turn ½ R on RF @1:30

AS4 Tap, Cross behind, ½ L, Weight change, Sweep

1 2 3 4 LF tap to side (1), Hold (2), LF cross on ball behind RF (3), Hold (4)

5 6 Turn ½ L, keep weight on RF (5,6) @7:30

7 8 LF step in place (7), Turn 1/8 L, RF sweep to front (8) @6:00

Part B: 32c

BS1 Cross, Tap, Cross, Tap, Close, Tap, Close, Tap, Close, Tap

1 2 3 4 RF cross over LF (1), LF tap to side (2), LF cross over RF (3), RF tap to side (4)

&5&6 RF close beside LF (&), LF tap to side (5), LF close beside RF (&), RF tap to side (6)

&7 8 RF close beside LF (&), LF tap to side (7), Hold (8)

BS2 Close, Tap, Close, Tap, Close, Tap, Behind, ¼ R, Forward x 2, ¼ R

&1 2 RF close beside LF (&), LF tap to side (1), Switch weight to LF (2)

&3 4 RF close beside LF (&), LF tap to side (3), Switch weight to LF (4)

&5 6 RF close beside LF (&), LF tap to side (5), LF cross behind RF (6)

7 8& Turn ¼ R, RF step forward (7), LF step forward (8), Turn ¼ R (&)

BS3 Tap R, Tap L, Step R-L-R, Close, Knee Pop

1 2 RF tap to side (1), RF step in place (2) @6:00

3 4 LF tap to side (3), LF step in place (4)

5 RF step slightly forward with bend knee, L leg straight, rotate L hip back (5)

6 LF step slightly forward with bend knee, R leg straight, rotate R hip back (6)

7 RF step slightly forward with bend knee, L leg straight, rotate L hip back (7)

8 Put both feet together, popping knees forward (8)

BS4 Back, Sweep, Cross Behind, Side, Cross Check, Replace, ¼ R, Forward, Spot Turn, Forward, ¼ R

1 2 LF step back, RF sweep back (1), RF cross behind LF (2)

3 4& LF step to side (3), RF cross over LF (4), Replace onto LF (&
5 6 7 Turn $\frac{1}{4}$ R, RF step forward (5), LF step forward (6), Turn $\frac{1}{2}$ R, RF step forward (7) @3:00
8& LF step forward (8), Turn $\frac{1}{4}$ R (&) @12:00
