

O La La

Count: 80

Wand: 1

Ebene: Phrased Beginner

Choreograf/in: Riezka Novalia (INA) - June 2025

Musik: O La La - Koes Plus



Tags - 2

Sequence: A tag B A tag B A A

Part A (48 count)

Section 1 (Cross rock, chasse R/L)

- 1-2 Cross Rf over LF (1) recover on LF (2)
- 3&4 step Rf to R (3) step LF beside Rf (&) step Rf to R (4)
- 5-6 Cross Lf over RF (5) recover on RF (6)
- 7&8 step Lf to L(7) step LR beside Lf (&) step Lf to L (8)

Section 2 (cross Rf behind, chasse R/L)

- 1-2 cross Rf behind Lf (1) recover on Lf (2)
- 3&4 step Rf to R (3) step LF beside Rf (&) step Rf to R (4)
- 5-6 cross Lf behind Rf(5) recover on Rf (6)
- 7&8 step Lf to L(7) step LR beside Lf (&) step Lf to L (8)

Section 3 (Hip bumps R, L, R)

- 1-2 push R hip to R (1) push L hip to L(2)
- 3&4 push R hip to R (3) -L (&) -R (4)
- 5-6 push L hip to L (5) push R hip to R (6)
- 7&8 push L hip to R (7) -L (&) -R(8)

Section 4 (rock forward, back shuffle, back rock, forward shuffle)

- 1-2 step Rf forward (1) recover on Lf (2)
- 3&4 step Rf back (3) step Lf beside Rf (&) step Rf back(4)
- 5-6 step Lf back (5) recover on Rf (6)
- 7&8 step Lf forward (7) step Rf beside Lf (&) step Lf forward (8)

Section 5 (Hip bumps R, L, R)

- 1-2 push R hip to R (1) push L hip to L(2)
- 3&4 push R hip to R (3) -L (&) -R (4)
- 5-6 push L hip to L (5) push R hip to R (6)
- 7&8 push L hip to R (7) -L (&) -R(8)

Tag

- 1-2-3-4 hip sway hip swing R-L-R-L

Part B: 32c

Section 1 (cross rock, chasse R/L)

- 1-2 Cross Rf over LF (1) recover on LF (2)
- 3&4 step Rf to R (3) step LF beside Rf (&) step Rf to R (4)
- 5-6 Cross Lf over RF (5) recover on RF (6)
- 7&8 step Lf to L(7) step LR beside Lf (&) step Lf to L (8)

Section 2 (weave, cross rock, chasse)

- 1-2-3-4 cross Rf over Lf (1) step Lf to L (2) cross Rf behind Lf (3) step Lf to L(4)
- 5-6 cross Rf over Lf (5) recover on Lf (6)
- 7&8 step Rf to R (7) step Lf beside Rf (&) step Rf to R (8)

Section 3 (weave, cross rock, chasse)

1-2-3-4 cross Lf over Rf (1) step Rf to R (2) cross Lf behind Rf (3) step Rf to R(4)
5-6 cross Lf over Lf (5) recover on Rf (6)
7&8 step Lf to L (7) step Rf beside Lf (&) step Lf to L (8)

Section 4 (pivot 1/2 L, forward shuffle, pivot 1/2 R, forward shuffle)

1-2 step Rf forward (1) turn 1/2 L weight on Lf (2)
3&4 step Rf forward (3) step Lf beside Rf (&) step Rf forward (4)
5-6 step Lf forward (5) turn 1/2 R weight on Rf (6)
7&8 step Lf forward (7) step Rf beside Lf (&) step Lf forward (8)

Enjoy the dance

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