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| --- | --- |
| Sha La La Ez |  |

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| . |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Lynn Card (USA) - October 2015 |
| **Music:** | I Feel Good - Thomas Rhett |
| . |

**SECTION 1: WALK, WALK, OUT OUT, CLAP, HIP BUMPS**

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| --- | --- |
| 1,2 | Walk R forward, Walk L forward |

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| --- | --- |
| &3,4 | Step R out to right, Step L out to left, Clap once |

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| --- | --- |
| 5,6 | Bump R hip to right twice |

|  |  |
| --- | --- |
| 7,8 | Bump L hip to left twice (weight on L) |

**SECTION 2: STEP BACK, TOUCH, STEP BACK, TOUCH, BACK, BACK, COASTER STEP**

|  |  |
| --- | --- |
| 1,2 | Step R back to right diagonal, Touch L next to R |

|  |  |
| --- | --- |
| 3,4 | Step L back to left diagonal, Touch R next to L |

|  |  |
| --- | --- |
| 5,6 | Walk R back, Walk L back |

|  |  |
| --- | --- |
| 7&8 | Step R back, Step L next to R, Step R forward |

**SECTION 3: STEP, TOGETHER, TRIPLE STEP, STEP, TOGETHER, TRIPLE STEP ¼ TURN**

|  |  |
| --- | --- |
| 1,2 | Step L forward to left diagonal, Step R next to L (10:00) |

|  |  |
| --- | --- |
| 3&4 | Step L forward to left diagonal, Step R next to L, Step L forward |

|  |  |
| --- | --- |
| 5,6 | Step R forward to right diagonal, Step L next to R (2:00) |

|  |  |
| --- | --- |
| 7&8 | Step R forward to right diagonal, Step L next to R, Step R forward and ¼ turn to left (9:00) |

**(For Beginners: You can do this section without syncopation Step, Together, Step, Touch and Step, Together, Step ¼ Turn, Touch)**

**SECTION 4: STEP, POINT, STEP, POINT, TWIST, TWIST, TWIST, KNEE POP**

|  |  |
| --- | --- |
| 1,2 | Step L next to R, Point R to right |

|  |  |
| --- | --- |
| 3,4 | Step R next to L, Point L to left (you may travel forward on counts 1,2,3,4 but be sure to be in the right position to step into the twist) |

**(Check video for styling option on step points)**

|  |  |
| --- | --- |
| 5,6 | Bring L in next to R and twist both heels to R, Twist heels to L |

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| --- | --- |
| 7,8 | Twist heels right, Twist heels to center and at the same time release R heel and pop R knee Forward |

**TAG: 8 COUNTS, After Wall 3 facing 3:00**

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| --- | --- |
| &1,2 | Jump forward R out then L out, Clap |

|  |  |
| --- | --- |
| &3,4 | Jump back R then L together, Clap |

|  |  |
| --- | --- |
| 5,6 | Step R forward to slight diagonal, Step L forward out to left |

|  |  |
| --- | --- |
| 7,8 | Step R back to center, Step L next to R |

**Ending: The dance ends perfectly on count 32 with the knee pop.**