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| Lala Swing |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Tim Johnson (UK) & Jean-Pierre Madge (CH) - August 2021 |
| **Music:** | Lalalalalalalalalala (Acoustic) - Mikolas Josef |
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**Count In: Dance begins after 16 counts**

**Notes: Ensure the track is the Acoustic version.**

**[1-8] Walk L,R,L, right Sailor ½ , ½ turn L, ½ turn R sweeping L, behind L, side R**

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| 1-2-3 | Walk forward L (1) Walk forward R (2) Walk forward L (3) |

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| 4&5 | Making a ½ turn to the right, step R behind L (4) step L to left side (&) step R forward (5) 6:00 prep your body to turn left |

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| 6 - 7 | Making a ½ turn to the left, step L forward (6) making another ½ turn to the left step back on R sweeping L behind R (7)6:00 |

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| 8& | Step L behind R (8) step R to right side (&) |

**[9-16] Cross L over R, Hold, Weave right, rock right, recover, ½ R , ½ L, behind.**

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| 1-2 | Cross L over R (1) Hold (2) |

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| &3&4 | Step R to right side (&) Step L behind R (3) Step R to R side (&) Cross L over R (4) |

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| 5-6 | Rock R out to right side (5) Recover weight back onto L (6) |

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| 7-8& | making a ½ turn to the right, step R to right side (7) making another ½ turn to the right, step L to left side (8) step R behind L (&) 6:00 |

**[17-24] Step L to left side, sway R,L behind ¼ side, weave right, ¼ turn right shuffle**

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| 1-2-3 | Step L to left side, swaying hips to the left (1) sway hips right (2) sway hips left (3) |

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| 4&5 | Step R behind L (4) making a ¼ turn to the left, step forward on L (&) Step R to right side (5)3:00 |

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| 6&7 | Step L behind R (6) step R to right side (&) cross L over R (7) |

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| 8& | Making a ¼ turn to the right, Step forward on R (8) step L behind R (&)6:00 |

**[25-32] L Step ½ turn step, ¼ R shuffle, ½ L shuffle, rock back R**

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| 1 | Step forward R (1) |

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| 2&3 | Step forward L (2) making a ½ turn to the right, step forward on R (&) Step forward on L(3)12:00 |

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| 4&5 | Making ¼ turn to the left, step R to right side (4) step L next to R (&) step R to right side (5)9:00 |

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| 6&7 | Making a ½ turn to the left, step L to left side (6) step R next to L (&) step L to left side (7)3:00 |

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| 8 | Rock back on R (8) ready to restart the dance stepping forward on L for count 1. |

**End of dance, Smile and enjoy**