

# Lala Swing

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Tim Johnson (UK) & Jean-Pierre Madge (CH) - August 2021

Music: Lalalalalalalalala (Acoustic) - Mikolas Josef



Count In: Dance begins after 16 counts

Notes: Ensure the track is the Acoustic version.

## [1-8] Walk L,R,L, right Sailor $\frac{1}{2}$ , $\frac{1}{2}$ turn L, $\frac{1}{2}$ turn R sweeping L, behind L, side R

- 1-2-3 Walk forward L (1) Walk forward R (2) Walk forward L (3)  
4&5 Making a  $\frac{1}{2}$  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  
6 - 7 Making a  $\frac{1}{2}$  turn to the left, step L forward (6) making another  $\frac{1}{2}$  turn to the left step back on  
R sweeping L behind R (7) 6:00  
8& Step L behind R (8) step R to right side (&)

## [9-16] Cross L over R, Hold, Weave right, rock right, recover, $\frac{1}{2}$ R, $\frac{1}{2}$ L, behind.

- 1-2 Cross L over R (1) Hold (2)  
&3&4 Step R to right side (&) Step L behind R (3) Step R to R side (&) Cross L over R (4)  
5-6 Rock R out to right side (5) Recover weight back onto L (6)  
7-8& making a  $\frac{1}{2}$  turn to the right, step R to right side (7) making another  $\frac{1}{2}$  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 $\frac{1}{4}$ side, weave right, $\frac{1}{4}$ turn right shuffle

- 1-2-3 Step L to left side, swaying hips to the left (1) sway hips right (2) sway hips left (3)  
4&5 Step R behind L (4) making a  $\frac{1}{4}$  turn to the left, step forward on L (&) Step R to right side  
(5) 3:00  
6&7 Step L behind R (6) step R to right side (&) cross L over R (7)  
8& Making a  $\frac{1}{4}$  turn to the right, Step forward on R (8) step L behind R (&) 6:00

## [25-32] L Step $\frac{1}{2}$ turn step, $\frac{1}{4}$ R shuffle, $\frac{1}{2}$ L shuffle, rock back R

- 1 Step forward R (1)  
2&3 Step forward L (2) making a  $\frac{1}{2}$  turn to the right, step forward on R (&) Step forward on  
L (3) 12:00  
4&5 Making  $\frac{1}{4}$  turn to the left, step R to right side (4) step L next to R (&) step R to right side  
(5) 9:00  
6&7 Making a  $\frac{1}{2}$  turn to the left, step L to left side (6) step R next to L (&) step L to left side  
(7) 3:00  
8 Rock back on R (8) ready to restart the dance stepping forward on L for count 1.

End of dance, Smile and enjoy