Sha La La (莎啦啦) (zh)

拍数: 64 **墙数:** 2 **级数:** Phrased Beginner

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音乐: Sha La La (莎啦啦) - Huang Hui Yi (黃慧儀)

Intro : 48 counts. SOD: AABBTag/AABBTag/AABBBBB

Part A : 32 counts

A1: RIGHT VINE, SIDE ROCK, CROSS CHA CHA

1 - 4	Step R to right side, cross L behind R, Step R to right side, cross L over R
5-6, 7&8	Step R to right side, recover onto L, Cross cha cha on RLR
1 - 4	右足右踏,左足交叉右足後,右足右踏,左足交叉右足前
5-6,7&8	右足右踏,重心回左足,右足交叉左足前,左足左踏,右足交叉左足前

A2: SIDE, BEHIND, HALF TURN LEFT, LEFT LINDY

1 - 4	Step L to left side, cross R behind L, 1/4 turn left step L forward, 1/4 turn left step R to right side(06:00)
5-6, 7&8	Cross L behind R, recover onto R, Cha cha to left side on LRL
1 - 4	左足左踏,右足交叉左足後,左轉 1/4 左足前踏, 左轉 1/4 右足右踏(06:00)
5-6,7&8	左足交叉右足後,重心回右足,左足左踏,右足併於左足旁,左足左踏

A3: CHA CHA BOX

1-2, 3&4	Step R to right side, step L beside R, Cha cha forward on RLR
5-6, 7&8	Step L to left side, step R beside L, Cha cha backward on LRL
1-2, 3&4	右足右踏,左足併於右足旁,右足前踏,左足鎖步於右足後,右足前踏
5-6, 7&8	左足左踏,右足交叉左足旁,左足後踏,右足鎖步於左足前,左足後踏

A4: BACK ROCK, FORWARD CHA CHA, FORWARD ROCK, COASTER STEP

1-2, 3&4	Rock R back, recover onto L, Cha cha forward on RLR
5-6, 7&8	Rock L forward, recover onto R, Coaster step on LRL
1-2, 3&4	右足後踏,重心回左足,右足前踏,左足鎖步於右足後,右足前踏
5-6, 7&8	左足前踏,重心回右足,左足後踏,右足併於左足旁,左足前踏

Part B : 32 counts

B1: WALK, WALK, WALK, CLAP, CLAP, CLAP, LEFT SIDE MAMBO-TOUCH

1-3, 4&5	Along the right diagonal, walk forward on RLR, Clap-clap-clap(01:30)
6 - 8	Rock L to left side, recover onto R, touch L beside R
1-3, 4&5	向右斜走步,右足,左足,右足,拍手3下(01:30)
6 - 8	左足左踏,重心回右足,左足點收於右足旁

B2: BACK-TOUCH X 4

1 - 4	Step L back diagonally, touch R beside L, Step R back diagonally, touch L beside R
5 – 8	Step L back diagonally, touch R beside L, Step R back diagonally, touch L beside R
1 - 4	左足左斜後踏,右足點收於左足旁,右足右斜後踏,左足點收於右足旁
5 – 8	左足左斜後踏,右足點收於左足旁,右足右斜後踏,左足點收於右足旁繞

B3: WALK, WALK, WALK, CLAP, CLAP, CLAP, RIGHT SIDE MAMBO-TOUCH

1-3, 4&5	Along the left diagonal, walk forward on LRL, Clap-clap-clap(10:30)
6-8	Rock R to right side, recover onto L, touch R beside L
1-3, 4&5	向左斜走步,左足,右足,左足,拍手3下(10:30)
6 - 8	右足右踏,重心回左足,右足點收於左足旁

B4: BACK, TOUCH, BACK, TOUCH, 1/4 LEFT - SIDE, TOUCH, 1/4 LEFT – SIDE, TOUCH

1 - 4	Step R back diagonally, touch L beside R, Step L back diagonally, touch R beside L
5 – 8	1/4 turn left step R to right side, touch L beside R, 1/4 turn left step L to left side, touch R beside L
1 - 4	右足右斜後踏,左足點收於右足旁,左足左斜後踏,右足點收於左足旁
5 – 8	左轉 1/4右足右踏,左足點收於右足旁,左轉 1/4左足左踏,右足點收於左足旁

Start again.

TAG: 8 COUNTS

1-2	Step R to right side dropping right shoulder, touch L beside R levelling shoulder
3-4	Step L to left side dropping left shoulder, touch R beside L levelling shoulder
5-6	Step R to right side dropping right shoulder, touch L beside R levelling shoulder
7-8	Step L to left side dropping left shoulder, touch R beside L levelling shoulder
1 - 4	右足右踏及放低右肩,左足點收於右足旁及右肩回復,左足左踏及放低左肩,右足點收於左足旁及左肩回復
5 - 8	右足右踏及放低右肩,左足點收於右足旁及右肩回復,左足左踏及放低左肩,右足點收於左足旁及左肩回復

Ending : After wall 15, do an extra pivot 1/2 turn L to face 12:00 and end
結束 : 第十五牆後,左轉 1/2面向12:00結束.
FORWARD, PIVOT 1/2 TURN L

1 - 2	Step LF forward, Pivot 1/2 turn L step RF forward(facing 12:00)

Have Fun & Happy Dancing!

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