## Sjalalala

拍数： 56
墥数： 4
级数：Phrased High Newcomer
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音乐：Sjalalala（Geniet Van Elke Dag）－Wolter Kroes

## Counts：$A=32-\mathrm{B}=16-\mathrm{C}=8$

## Sequence：A，A，B，B，A，A，C，B，B，B，B，A

PART A： 32 counts

## A1：Mambo side，Step touch $1 / 4$ turn，step touch

$1 \quad \mathrm{RF}$ step to right
$2 \quad$ RF Step next to LF
$3 \quad$ LF step to left side
4 LF step next to RF
$5 \quad$ RF touch forward
$6 \quad \mathrm{RF}$ take weight turn $1 / 4 \operatorname{left}(21.00)$
7 LF touch next to RF
8 Lf step slight to left

## A2：Traveling jazz boxes backwards，pivot turn，shuffle

1 RF cross over LF
\＆LF step backwards
$2 \quad$ RF step to right side
$3 \quad$ LF step over RF
\＆RF step backwards
$4 \quad$ LF step to left side
$5 \quad$ RF step forward $1 / 2$ turn left
$6 \quad$ LF step forward $1 / 4$ turn left（12．00）
$7 \quad$ RF step to right
\＆LF step next to RF
$8 \quad$ RF step to right side

## A3：Rockstep，weave $1 / 4$ turn left，rockstep，Locksteps back

1 LF rock backwards
\＆RF take weight
2 LF step to left side
$3 \quad$ RF step behind LF
\＆LF step to left side $1 / 4$ turn left（21．00）
$4 \quad$ RF step forward
5 LF rock forward
\＆RF take weight
6 LF step backwards
$7 \quad$ RF step backwards
\＆LF cross in front of RF
8 RF step back
A4：Full turn，Coaster step，step，hip twirls
$1 \quad$ LF step $1 / 2$ turn（15．00）
RF step back $1 / 2$ turn（21．00）
3 LF step backwards
\＆$\quad$ RF step next to LF
4 LF step forward

RF step forward

## Part B - 16 counts

B1: Syncopated vine(bounced), mambo steps

1
\&
2
\&
3
\&
4
\&
5
\&
6
7
\&
8

RF step in front of LF
LF step to left side
RF step behind LF
LF step to left side
RF step in front of LF
LF step to left side
RF step behind LF
LF step to left side
RF mambo forward
LF take weight
RF step to right side
LF mambo forward
RF take weight
LF step to left side
B2: Shuffle side, jazzbox $1 / 4$ turn, $3 / 4$ turn
1 RF step to right side(wave arms up)
\& LF step next to RF
$2 \quad$ RF step to right side(wave arms up)
\& LF step next to RF
$3 \quad$ RF step to right side(wave arms up)
\& LF step next to RF
4 RF step to right side (wave arms up)
5 LF cross over RF
\& RF step back
$6 \quad$ LF step $1 / 4$ turn left(21.00)
$7 \quad$ RF step backwards $1 / 2$ turn left(15.00)
$8 \quad$ LF step $1 / 4$ turn left (12.00)

## Part C-8 counts

## C1: Side steps with arms

RF step to right side whilst doing this arms go to left side
$2 \quad$ RF step next to LF whilst doing this bring arms back
3 LF step to left side whilst doing this arms go to right side
4 LF step next to RF whilst doing this bring arms back
5-8 Repeat counts 1-4

