La La La

拍数: 64

级数: Advanced

编舞者: Hiroko Carlsson (AUS) - June 2021

音乐: La La La - AREA21 : (Spotify & Apple Music)

(Intro: 16 counts)	
[S1] Side Rock, 1 2 3 4 5 6 7 8	Behind, 1/4L, Side Rock, Cross, Side Rock R to the side, Recover weight on L, Step R behind L Make a 1/4 turn left stepping forward on L, Rock R to the side, Recover weight on L (3:00) Cross R over L, Step L to the side
	-Back-Hook, Step-Lock-Step-Scuff
1 2 3 4 5 6 7 8	Step back on R, Lock L across R, Step back on R, Hook L over R Step forward on L, Lock R behind L, Step forward on L, Scuff forward on R
[S3] Chase Tur	n-Side, Behind, 1/4R, Together, Back, 1/2L, Side-Together
1&2	Step forward on R, Make a 1/2 turn left recover weight on L, Step R to the side (3:00)
345	Step L behind R, Make a 1/4 turn right stepping forward on R, Step L together (6:00)
67	Step back on R, Make a 1/2 turn left stepping forward on L (12:00)
8&	Step R to the side, Step L together
[S4] Cross Rock	k-Ball, Cross, Side, Back Rock, 1/4R, Hook 1/4R
1 2&	Rock R across L, Recover/replace weight on L, Ball step R next to L
3456	Cross L over R, Step R to the side, Rock L behind R, Recover/replace weight on R
78	Make a 1/4 turn right stepping back on L, Make a further 1/4 turn right/hook R over L (6:00)
[S5] Dorothy R,	Side Rock, Cross Samba, Cross, Sweep
1 2&	Step R forward to the diagonal, Lock L behind R, Step R forward to the diagonal
3 4	Rock L to the side, Recover weight on R
5&6	Cross L over R, Rock R to the side, Recover weight on L
78	Cross R over L, Sweeping L around R
[S6] Cross, Side	e Turning Shuffle into Side Rock Cross L over R
2&3	Side shuffle to the right on R-L-R
4&5	Make a 1/2 turn left shuffle to the left on L-R-L (12:00)
6&7	Make a 1/2 turn left shuffle to the right on R-L-R (into R side rock) (6:00)
8	Recover weight on L
[S7] Box 1/4R, I	Kick Ball Change, Step-Pivot 1/2L
12	Cross R over L, Make a 1/4 turn right stepping back on L
3 4	Step R to the side, Step forward on L (9:00)
5&6	Kick forward on R, Step down on ball of R foot, Step L in place
78	Step forward on R, Make a 1/2 turn left recover weight on L (3:00)
[S8] Fwd, 1/2R	Back-Lock-Back, Back Rock, 1/2L Back-Lock-Back, 1/2L
1	Step forward on R
2&3	Make a 1/2 turn right stepping back on L, Lock R across L, Step back on L (9:00)
4 5	Rock back on R, Recover weight on L
6&7	Make a 1/2 turn left stepping back on R, Lock L across R, Step back on R (3:00)

8 Make a 1/2 turn left stepping forward on L (9:00)

Tag (32 counts) at the end of Wall 1(9:00), 2 (6:00) and 4 (12:00)





墙数:4

[S1] Fwd Hop/Sweeps RLR-Recover, Back Hop/Sweeps RLR-Recover

- 1 2 3 4 Hop forward on R/sweeping L around, Hop forward on L/sweeping R around, Hop/rock forward on R, Recover weight on L
- 5 6 7 8 Hop back on R/sweeping L around, Hop back on L/sweeping R around, Hop/rock back on R, Recover weight on L

[S2] Side Rock & Cha-Cha-Cha RL

- 1 2 Rock R to the side, Recover weight on L
- 3&4 Cha-cha step on the spot Step R next to L, Step L in place, Step R in place
- 5 6 Rock L to the side, Recover weight on R
- 7&8 Cha-cha step on the spot Step L next to R, Step R in place, Step L in place

[S3] Back Hop/Sweeps RLR-Recover, Fwd Hop/Sweeps RLR-Recover

- 1 2 3 4 Hop back on R/sweeping L around, Hop back on L/sweeping R around, Hop/rock back on R, Recover weight on L
- 5 6 7 8 Hop forward on R/sweeping L around, Hop forward on L/sweeping R around, Hop/rock forward on R, Recover weight on L

[S4] Side Rock & Cha-Cha-Cha RL

- 1 2 Rock R to the side, Recover weight on L
- 3&4 Cha-cha step on the spot Step R next to L, Step L in place, Step R in place
- 5 6 Rock L to the side, Recover weight on R
- 7&8 Cha-cha step on the spot Step L next to R, Step R in place, Step L in place

Ending suggestion: The last wall starts at 12:00. Dance up to count 30, then Step R to the side, Cross L over R (12:00).

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com) (updated: 9/June/21)