

# Lala Swing

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Tim Johnson (UK) & Jean-Pierre Madge (CH) - August 2021  
音乐: 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