拍数: 32

级数: Improver

编舞者: Dustin Valcalda (USA) - November 2021

音乐: Lalalalalalalalala - Mikolas Josef : (Clean)

墙数:4



1st Place Beginner/Improver dance at USLDCC Choreography Competition in Las Vegas 2021 Non-explicit song version:

https://drive.google.com/file/d/1x_yB82nXIXkWXQikgftKT0n4WvaseGWK/view?usp=sharing Special thank you to Christopher Gonzalez and Megan Barsuglia!

Dance starts after 32 counts (16 seconds in)

[1-8] R syncopated rocking chair, R step, Heel splits, L syncopated rocking chair, L step, Heel splits.

- 1&2& Rock RF forward, recover onto LF, rock RF back, recover onto LF
- 3&4 Step RF forward, split both RF and LF heels out, bring RF and LF heels together (weight R)
- 5&6& Rock LF forward, recover onto RF, rock LF back, recover onto RF
- 7&8 Step LF forward, split both RF and LF heels out, bring RF and LF heels together (weight L)

[9-16] R side rock, R ball, L side rock and cross behind, R diagonal step, L touch, L diagonal step, R touch, R step.

- 1-2& Rock RF to R side, recover onto LF, step RF together
- 3&4 Rock LF to L side, recover onto RF, touch LF behind RF (weight LF)
- 5-6 Step RF forward toward R diagonal, touch LF next to RF
- 7&8 Step LF forward toward L diagonal, touch RF next to LF, step RF to R

[17-24] Hip sways L-R, L shuffle w/ ¼ L turn, ½ L pivot turn, Walk x2.

- 1-2 Sway hips L, sway hips R
- 3&4 Step LF to L, step RF together, turn ¼ L and step LF forward
- 5-6 Step RF forward, turn ½ L and shift weight L
- 7-8 Step RF forward, step LF forward

Variation for 7-8 can be a two step full turn continuing over L shoulder off of the pivot turn

*7-8 - Turn ½ L and step RF back, turn ½ L and step LF forward

[25-32] R stomp, L swivels in, L stomp, R swivels in, L stomp, R swivels in, L stomp, hold.

- 1-2& Stomp RF forward, swivel LF heel toward RF, swivel LF toe towards RF (weight R)
- 3-4&- Stomp LF forward, swivel RF heel toward LF, swivel RF toe towards LF (weight L)
- 5-6& Stomp RF forward, swivel LF heel toward RF, swivel LF toe towards RF (weight R)
- 7-8 Stomp LF forward, hold