

Hey Lola Remix

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ira Barie (INA) - September 2024
音乐: Hey Lola / Hey Mambo / Complete Remix / Zumba / ILTD Fam



Intro 40 counts - No tag - No restart

I. SWIVEL, FLICK BEHIND, GRAPHINE

- 1-2 Swivel both heels diagonally right, swivel both heels diagonally left
- 3-4 Swivel both heels diagonally right, swivel L heels diagonally left flicking R behind L
- 5-8 Step R to side, step L behind R, step R to side, touch L beside R

II. MONTEREY 1/4 L, JAZZBOX

- 1-4 Point L to side, 1/4 turn L stepping L beside R, point R to side, step R beside L (9 o'clock)
- 5-8 Cross L over R, step R back, step L to side, step R beside L

III. CROSS, 1/4 L BACK, CHASSE, CROSS, BACK, CHASSE

- 1-2 Cross L over R, 1/4 turn L stepping R backward (6 o'clock)
- 3&4 Step L to side, step R beside L, step L to side
- 5-6 Cross R over L, step L backward
- 7&8 Step R to side, step L beside R, step R to side

IV. HIP BUMP, HIP BUMP, ROCK FORWARD, RECOVER, 1/4 L CHASSE

- 1-2 Touch L forward with hip bump, step L down
- 3-4 Touch R forward with hip bump, step R down
- 5-6 Step L forward, recover on R
- 7&8 1/4 turn L stepping L to side, step R beside L, step L to side (3 o'clock)

Enjoy the Dance !!

#danceforlife

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