

# Lola, Lola

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate samba  
编舞者: Chad Manson (UK)  
音乐: Lola, Lola - Ricky Martin



## FORWARD MAMBO, BACK MAMBO, ¼ RIGHT TWIST CROSS SHUFFLE, ½ LEFT TWIST CROSS SHUFFLE

1a2      Rock right forward, recover onto left, step right beside left  
3a4      Rock left back, recover onto right, step left beside right  
5a6      While making a ¼ turn to right, cross right over left, step left to left, cross right over left  
a7a8      Twist ½ left, cross left over right, step right to right, cross left over right

## RIGHT HEEL & TOE, DIAGONAL SHUFFLE, LEFT HEEL & TOE, DIAGONAL SHUFFLE

1a      Dig right heel diagonally forward right, recover back onto left  
2a      Step diagonally back on ball of right, recover forward onto left  
3a4      Step forward right diagonally, step left beside right, step forward right diagonally  
5-8      Repeat on left foot

## FORWARD SAMBA, ¼ RIGHT BACK SAMBA, FORWARD SAMBA, ¼ RIGHT BACK SAMBA

1a2      Step right forward, step left beside right, step right in place  
3a4      Step left back, step right beside left, making ¼ turn right step left in place  
5a6      Step right forward, step left beside right, step right in place  
7a8      Step left back, step right beside left, making ¼ turn right step left in place

## FULL RIGHT SPOT VOLTA TURN, ¾ LEFT SPOT VOLTA TURN

1a      Execute ¼ turn right and step right forward, step onto ball of left in place  
2a      Execute ¼ turn right and step right forward, step onto ball of left in place  
3a      Execute ¼ turn right and step right forward, step onto ball of left in place  
4      Execute ¼ turn and step on right  
5a      Execute ¼ turn left and step left forward, step onto ball of right in place  
6a      Execute ¼ turn left and step left forward, step onto ball of right in place  
7a      Execute ¼ turn left and step left forward, step onto ball of right in place  
8      Step left forward

## SAMBA WHISK, ¾ RIGHT CURVATURE TRAVELING VOLTAS

1a2      Step right to right, step left behind right, step right in place  
3a4      Step left to left, step right behind left, step left in place  
5a6a      Cross right over left, step left to left, cross right over left, step left to left  
7a8      Cross right over left, step left to left, cross right over left

## SAMBA WHISK, ¾ LEFT CURVATURE TRAVELING VOLTAS

1a2      Step left to left, step right behind left, step left in place  
3a4      Step right to right, step left behind right, step right in place  
5a6a      Cross left over right, step right to right, cross left over right, step right to right  
7a8      Cross left over right, step right to right, cross left over right

## ¼ RIGHT OUT OUT, HIP BOUNCES, FLICK, WEAWE TO LEFT, ¼ LEFT FORWARD

1-2      Making ¼ turn right step right forward diagonally, step left forward diagonally  
a3a4      Raise right hip up, return to left, raise right hip up, return to left (weight on left during bumps)  
a      Small flick right to right  
5a6a      Cross right behind left, step left to left, cross right over left, step left to left

7a8                    Cross right behind left, making  $\frac{1}{4}$  turn left step left forward, step right forward

**4-COUNTS SAMBA ROLL, SYNCOPATED FORWARD, SHUFFLE**

1-2a3                Stepping left, right, left, right, left, right commence a full turn left with body roll traveling 4& forward (samba roll)

**Alternate steps: do a 4 count full turn left traveling forward**

1-2-3-4            Step left, right, left, right

5a6a                Step left forward, lock right behind left, step left forward, lock right behind left

7a8                 Step left forward, lock right behind left, step left forward

**REPEAT**

**RESTART**

**On wall 2, dance to count 48, then restart dance**

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