

Lola

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ira Weisburd (USA) - August 2010
音乐: Whatever Lola Wants - Irene and Her Latin Jazz Band : (CD: Summer Samba 2007)



Introduction: 20 Counts. Start on "LOLA".

RUMBA BOX (FORWARD, HOLD, SIDE, TOG.; BACK, HOLD, SIDE, TOG.)

- 1 - 2 Step forward on L, hold
- 3 - 4 Step R to R, Step-close L beside R
- 5 - 6 Step R back, hold
- 7 - 8 Step L to L, Step-close R beside L

STEP L TO L, HOLD, CROSS-ROCK RECOVER, ¼ TURN R ON R, HOLD, PIVOT ¼ TURN R

- 1 - 2 Step L to L, hold
- 3 - 4 Step R across L, recover back onto L
- 5 - 6 Make ¼ turn to R, Step R forward, hold (3:00)
- 7 - 8 Step forward on L, make ¼ pivot turn to R w/R (6:00)

CROSS, HOLD, RECOVER, SIDE; CROSS, HOLD, RECOVER, ¼ TURN R

- 1 - 2 Step L across R, hold
- 3 - 4 Recover back onto R, Step L to L
- 5 - 6 Step R across L, hold
- 7 - 8 Recover back onto L, make ¼ turn to R on R (9:00)

SWAY L, HOLD, SWAY R, L; SWAY R, HOLD, ROCK BACK, RECOVER

- 1 - 2 Sway Hip to the L, hold
- 3 - 4 Sway Hip to the R, Sway Hip to the L
- 5 - 6 Sway Hip to the R, hold
- 7 - 8 Rock back on L, recover forward on R

REPEAT DANCE.

ONE RESTART: (On Wall 5, dance up to 24 counts; then restart the dance)
Restart will be facing (9:00)

PLEASE NOTE: Last Wall make ½ turn R (on count 24) to face front wall
And finish with the last 8 counts.