

Lola Loka Remix

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Fenty Meme (INA) - January 2025
音樂: Hey lola/hey mambo/complet remix/Zumba/ ILTB FAM



Intro: 40 count - No tag - No Restart

S.1 : TOE STRUT – JAZZ BOX

1 – 2 Touch fwd R toe (1) drop heel R in place (2)
3 – 4 touch fwd L toe (3) drop heel L in place (4)
5 – 6 cross R over L (5) step L back (6)
7 – 8 step R to side (7) cross L over R (8)

S. 2 : GRAPEVINE R/L

1 – 4 Step R to side (1) cross L behind R (2) step R to side (3) touch L beside R (4)
5 – 8 step L to side (5) cross R behind L (6) step L to side (7) brush R beside L (8)

Option : rolling vine on count 5 - 8

S.3 : ROCK FWD – TURN ¼ TO RIGHT – CHASSE – ROCK CROSS – CHASSE

1 – 2 Rock R fwd (1) recover to L (2)
3 & 4 Turn ¼ to right, step R to right side (3) step L together (&) step R to side (4)
5 – 6 rock cross L over R (5) recover to R (6)
7 & 8 step L to left side (7) step R together (&) step L to side (8)

S.4 : V STEP – PADLE TURN ¼ TO LEFT 2 X

1 – 4 step R diagonal fwd (1) step L diagonal fwd (2) step R back to centre (3) close L beside R (4)
5 – 6 step R fwd (5) turn ¼ to left, recover L (6)
7 – 8 step R fwd (7) turn ¼ to left, recover to L (8)

Last Update: 20 Jan 2025