

La La La Gold

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數: Phrased Improver
編舞者: Dinarmiyati (INA) - April 2025
音樂: La La La (feat. Sam Smith) - Naughty Boy



Sequence : AB BB AB BB AA BB A
Intro 32

Part A - 32 count

S1. CROSS, FLICK, CROSS, 1/4 L BACK, STEP BACK, HIP BUMB

1,2 Cross RF over LF, flick out on LF
3,4 Cross LF over RF, turn 1/4 L step RF back
5&6 Step back on LF, push R Hip to R, L Hip back to center
&7&8 Push R Hip to R, L Hip back to center, push R Hip to R, L Hip back to center

S2. BACK, KICK, COASTER STEP, STEP, 1/4 HEEL BOUNCE, 1/4 HEEL BOUNCE, HOLD

1,2 Step RF back, kick LF forward
3&4 Step LF back, close RF next to LF, step LF forward
5&6 Step RF forward, lift both heels, turn 1/4 L drop both heels
&7,8 Lift both heels, turn 1/4 L drop both heels, Hold (weight finishing on LF)

S3. REPEAT S1

S4. REPEAT S2

Part B - 32 count

S1. ROCK FORWARD, COASTER STEP, PIVOT 1/2 R, SUFFLE FORWARD

1,2 Step RF forward, recover on LF
3&4 Step back RF, close LF next to RF, step RF forward
5,6 Step LF forward, turn 1/2 R weight on RF
7&8 Step LF forward, close RF next to LF, step LF forward

S2. SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, TURN 1/4 L SAILOR STEP

1,2 Step RF to R, recover on LF
3&4 Cross RF behind LF, step LF to L, cross RF over LF
5,6 Step LF to L, recover on RF
7&8 Cross LF behind RF, step RF next to LF, turn 1/4 L stepping forward on LF

S3. BIG STEP TO SIDE, DRAG, CROSS, SIDE, BEHIND, 1/4 L FORWARD, SAMBA CROSS

1,2& Big step RF to R, drag LF, close LF next to RF
3,4 Cross RF over LF, Step LF to L
5,6 Cross RF behind LF, turn 1/4 L step LF forward
7&8 Cross RF over LF, step ball LF to L, recover on RF

S4. CROSS, FLICK, SAMBA CROSS, HINGE TURN CHASSE

1,2 Cross LF over RF, Flick out on RF
3&4 Cross RF over LF, step ball LF to L, recover on RF
5 6 Cross LF over RF, turn 1/4 L step RF back
7&8 Turn 1/4 L step LF to L, step RF next to LF, step LF to L

Have Fun....