

Sha La La

拍數: 32 牆數: 4 級數: Improver
編舞者: Audrey Watson (SCO)
音樂: (Is This The Way To) Amarillo - Tony Christie



WALK, WALK, KICK BALL STEP, TWIST, TWIST, TWIST, HITCH BEHIND

- 1-2 Walk forward on right, walk forward on left
- 3&4 Kick right forward, step down on ball of right, step forward on left. (left should be in front of right)
- 5-6 On the balls of both feet twist $\frac{1}{4}$ right, twist $\frac{1}{4}$ left
- 7-8 On the balls of both feet twist $\frac{1}{4}$ right, hitch right foot behind right leg and slap with left hand, (facing 3:00 wall)

SIDE, BEHIND & CROSS, KICK, CROSS, BACK & CROSS, KICK

- 1-2 Step right to right/side, step left behind right
- 3&4 Step right to right/side, cross left over right, kick right forward
- 5-6 Cross right over left, step back on left
- 7&8 Step right to right/side, cross left over right, kick right forward

BACK, CROSS, BACK, SIDE, CROSS, BACK, SIDE, CROSS

- 1-2 Step back on right, cross left over right
- 3-4 Step back on right, step left to left/side
- 5-6 Cross right over left, step back on left
- 7-8 Step right to right/side, cross left over right

UNWIND & BOUNCE $\frac{1}{2}$ TURN, BACK COASTER, STEP HOLD, & STEP SCUFF

- 1-2 Unwind $\frac{1}{2}$ turn right bouncing heels twice
- 3&4 Step back on right, step left next right, step forward on right
- 5-6 Step forward on left, hold for a beat
- &7-8 Step right next left, step forward on left, scuff right forward

REPEAT
