

Lola

拍數: 32 牆數: 4 級數: Improver
編舞者: Darren Bailey (UK) & Lana Williams (UK) - March 2010
音樂: Whatever Lola Wants - Della Reese



Step R, Rock Forward, Recover, Shuffle L, Rock Back, Recover, Shuffle R

- 1-3 Step Rf to R side, Rock Forward on Lf, recover onto Rf
- 4&5 Step Lf to L side, close Rf next to Lf, step Lf to L side
- 6-7 Rock back on Rf, recover onto Lf
- 8&1 Step Rf to R side, close Lf next to Rf, step Rf to R side

Cross L, Touch R, Cross R, Touch L, Cross L, 1/4 Turn L, Coaster Step With L

- 2-3 Cross Lf over Rf, touch R toe to R side
- 4-5 Cross Rf over Lf, touch L toe to L side
- 6-7 Cross Lf over Rf, make a 1/4 turn L stepping back on Rf
- 8&1 Step back on Lf, close Rf next to Lf, step forward on Lf

Walk R, L, Samba Box With Rf Ending With L Cross, Shuffle R

- 2-3 Walk forward on Rf, walk forward on Lf
- 4&5 Step forward on Rf, step Lf to L side, close Rf next to Lf
- 6&7 Step back on Lf, step Rf to R side, cross Lf over Rf
- 8&1 Step Rf to R side, close Lf next to Rf, step Rf to R side

Rocking Chair With L X2 Ending With Big Step Back On L, Hold, Ball, Cross, Step R, Close L

- 2&3 Rock Lf diagonally across Rf, recover onto Rf, rock back diagonally L on Lf
- &4&5 Recover onto Rf, rock Lf diagonally across Rf, recover onto Rf, take a big step back diagonally L on Lf
- 6&7 Hold, step Rf next to Lf, cross Lf over Rf
- 8& Step Rf to R side, close Lf next to Rf.

First half is easier than second half....Remember to Give Lola what she needs!!!
