

Sha-La-La-La-La

拍數: 64 牆數: 4 級數: Improver
編舞者: Bente Kongstad (DK) - December 2010
音樂: Sha-La-La-La-La - The Walkers : (Album: Greatest hits)



Intro: 16 counts

Chassé R with back rock, chassé L with back rock

1&2 Step R to R side, step L beside R, step R to R side
3-4 Rock back L, recover R
5&6 Step L to L side, step R beside L, step L to L side
7-8 Rock back R, recover L (12 o'clock)

Kickball point R, kickball point L, jazzbox ¼ turn R, step forward L

1&2 Kick R forward, step R beside L, point L to L side
3&4 Kick L forward, step L beside R, point R to R side
5-6 Cross R over L, step back L
7-8 step R to R side turning ¼ R, step L forward (3 o'clock)

Rocking chair R, step ½ turn L, hold

1-2 Rock forward R, recover L
3-4 rock back R, recover L
5-6 Step forward R, make ½ turn L
7-8 Step R forward, hold (9 o'clock)

Full turn R, hold, full turn L, hold

1-2 Make ¼ turn R stepping L to L side, make ½ turn R stepping back R
3-4 Make ¼ turn R stepping L forward, hold
5-6 Make ¼ turn L stepping R to R side. make ½ turn L stepping back L
7-8 Make ¼ turn L stepping R forward, hold (9 o'clock)

Rock forward L, side rock L, behind side cross, hold

1-2 Rock forward L, recover R
3-4 Rock L to L side, recover R
5-6 Cross L behind R, step R to R side
7-8 Cross L over R, hold (9 o'clock)

Point cross R, point cross L, ¼ turn L, step forward R, hold

1-2 Point R to R side, cross R over L
3-4 Point L to L side, cross L over R
5-6 Make ¼ L stepping back R, step L forward
7-8 Step R forward, hold (6 o'clock)

vine L with touch, vine R with touch

1-2 Step L to L side, cross R behind L
3-4 Step L to L side, touch R beside L
5-6 Step R to R side, cross L behind R
7-8 Step R to R side, touch L beside R (6 o'clock)

Side touch L, side touch R, side together L, ¼ L with touch

1-2 Step L to L side, touch R beside L
3-4 Step R to R side, touch L beside R

5-6 Step L to L side, step R beside L
7-8 make $\frac{1}{4}$ turn L stepping L forward, touch R beside L (3 o'clock)

Restart: During wall 3 (facing 6 o'clock) dance count 1- 8 - then restart dance (facing 6 o'clock)

Ending:

**On wall 7 (facing 6 o'clock), dance until count 48 (facing 9 o'clock), then replace counts 49-57 with this:
vine L with touch, vine R with $\frac{1}{4}$ turn R**

1-2 Step L to L side, cross R behind L
3-4 Step L to L side, touch R beside L
5-6 Step R to R side, cross L behind R
7-8 Make $\frac{1}{4}$ R stepping R forward, touch L beside R (facing 12 o'clock)
