

La La La

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Lawrence Allen (USA) & Angela Helmsing - July 2011
音樂: La La La (feat. Iyaz) - Auburn : (Album: La La La - Single)



32 Count Intro; Start on Lyrics "Can't even hang out with friends...."

Rock, Recover, Ball Change, 1/4 Pivot Turn, Knee Pops, 1/4 Sailor Cross, Side Step, Knee Pops

- 1-2 Rock R forward, Recover weight back on L
- &3 Step R back, Step L forward
- 4&5 Make 1/4 R pivot turn, Pop knees out by stepping on balls of both feet, Place heels down straightening out knees and ending with weight on R (3:00)
- 6&7 Step L behind R, Make 1/4 turn L stepping R to R side, Cross L over R (12:00)
- 8&1 Step R to R side, Pop knees out by stepping on balls of both feet, Place heels down straightening out knees and ending with weight on R

1/4 Sailor Cross, Side Touch, Full Turn, Side Step, Body Roll

- 2&3 Step L behind R, Make 1/4 turn L stepping R to R side, Cross L over R (9:00)
- 4-5-6 Touch R toes to R side, Make a full R turn by pushing off with R toes and turning on ball of L and stepping R slightly over L, Step L to L side
- 7-8 Body roll from Head down to Hips with weight ending on L

1/8 Ball Cross, Walk, Rock, Recover, 1/2 Turn, 1/2 Turn, Touch Back, 1/2 Turn

- &1 Step R back, Make 1/8 R turn crossing L over R (10:30)
- 2 Step R forward
- 3-4 Rock L forward, Recover back on R
- 5-6 Make 1/2 L turn stepping L forward (4:30), Make 1/2 L turn stepping R back (10:30)
- 7-8 Touch L back, Make 1/2 L turn stepping L forward (4:30)

Rock, Recover, 1/2 Turn Crossing Shuffle, 1/8 Rock, Recover, Behind-1/4 Turn-Forward

- 1-2 Rock R forward, Recover back on L
- 3&4 Make 1/2 R turn stepping R forward, Step L beside R, Step R forward (10:30)
- 5-6 Make 1/8 R turn rocking L to L side, Recover R to R side (12:00)
- 7&8 Step L behind R, Make 1/4 R turn stepping R forward, Step L foot forward (3:00)

Contacts: E-Mail: lindancinallen@aol.com & indyakh@yahoo.com