

Lola, Lola

Count: 64

Wand: 2

Ebene: Intermediate samba

Choreograf/in: Chad Manson (UK)

Musik: Lola, Lola - Ricky Martin



FORWARD MAMBO, BACK MAMBO, ¼ RIGHT TWIST CROSS SHUFFLE, ½ LEFT TWIST CROSS SHUFFLE

- 1a2 Rock right forward, recover onto left, step right beside left
- 3a4 Rock left back, recover onto right, step left beside right
- 5a6 While making a ¼ turn to right, cross right over left, step left to left, cross right over left
- a7a8 Twist ½ left, cross left over right, step right to right, cross left over right

RIGHT HEEL & TOE, DIAGONAL SHUFFLE, LEFT HEEL & TOE, DIAGONAL SHUFFLE

- 1a Dig right heel diagonally forward right, recover back onto left
- 2a Step diagonally back on ball of right, recover forward onto left
- 3a4 Step forward right diagonally, step left beside right, step forward right diagonally
- 5-8 Repeat on left foot

FORWARD SAMBA, ¼ RIGHT BACK SAMBA, FORWARD SAMBA, ¼ RIGHT BACK SAMBA

- 1a2 Step right forward, step left beside right, step right in place
- 3a4 Step left back, step right beside left, making ¼ turn right step left in place
- 5a6 Step right forward, step left beside right, step right in place
- 7a8 Step left back, step right beside left, making ¼ turn right step left in place

FULL RIGHT SPOT VOLTA TURN, ¾ LEFT SPOT VOLTA TURN

- 1a Execute ¼ turn right and step right forward, step onto ball of left in place
- 2a Execute ¼ turn right and step right forward, step onto ball of left in place
- 3a Execute ¼ turn right and step right forward, step onto ball of left in place
- 4 Execute ¼ turn and step on right
- 5a Execute ¼ turn left and step left forward, step onto ball of right in place
- 6a Execute ¼ turn left and step left forward, step onto ball of right in place
- 7a Execute ¼ turn left and step left forward, step onto ball of right in place
- 8 Step left forward

SAMBA WHISK, ¾ RIGHT CURVATURE TRAVELING VOLTAS

- 1a2 Step right to right, step left behind right, step right in place
- 3a4 Step left to left, step right behind left, step left in place
- 5a6a Cross right over left, step left to left, cross right over left, step left to left
- 7a8 Cross right over left, step left to left, cross right over left

SAMBA WHISK, ¾ LEFT CURVATURE TRAVELING VOLTAS

- 1a2 Step left to left, step right behind left, step left in place
- 3a4 Step right to right, step left behind right, step right in place
- 5a6a Cross left over right, step right to right, cross left over right, step right to right
- 7a8 Cross left over right, step right to right, cross left over right

¼ RIGHT OUT OUT, HIP BOUNCES, FLICK, WEAVE TO LEFT, ¼ LEFT FORWARD

- 1-2 Making ¼ turn right step right forward diagonally, step left forward diagonally
- a3a4 Raise right hip up, return to left, raise right hip up, return to left (weight on left during bumps)
- a Small flick right to right
- 5a6a Cross right behind left, step left to left, cross right over left, step left to left

7a8 Cross right behind left, making $\frac{1}{4}$ turn left step left forward, step right forward

4-COUNTS SAMBA ROLL, SYNCOPATED FORWARD, SHUFFLE

1-2a3 Stepping left, right, left, right, left, right commence a full turn left with body roll traveling 4& forward (samba roll)

Alternate steps: do a 4 count full turn left traveling forward

1-2-3-4 Step left, right, left, right

5a6a Step left forward, lock right behind left, step left forward, lock right behind left

7a8 Step left forward, lock right behind left, step left forward

REPEAT

RESTART

On wall 2, dance to count 48, then restart dance
