

# Lola Lola

**COPPER** **NOB**  
STEPSHEETS

Count: 64

Wand: 2

Ebene: Intermediate

Choreograf/in: Chad Manson (UK)

Musik: Lola, Lola - Ricky Martin



## 32 counts intro, start on vocals

### FORWARD MAMBO, BACK MAMBO 1/4R TWIST, CROSS SHUFFLE, 1/2 L TWIST CROSS SHUFFLE

1&2 Rock right forward, recover onto left, step right beside left  
3&4 Rock left back, recover onto right, step left beside right  
5&6 While making a 1/4 turn to right, cross right over left, step left to left, cross right over left  
&7&8 Twist 1/2 left, cross left over right, step right to right, cross left over right

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

1& Dig right heel diagonally forward right, recover back onto left  
2& Step diagonally back on ball of right, recover forward onto left  
3&4 Step forward right diagonally, step left beside right, step forward right diagonally  
5-8 Repeat on left foot

### FORWARD SAMBA, 1/4 R BACK SAMBA, FORWARD SAMBA, 1/4 R BACK SAMBA

1&2 Step right forward, step left beside right, step right in place  
3&4 Step left back, step right beside left, making 1/4 turn right, step left in place  
5&6 Step right forward, step left beside right, step right in place  
7&8 Step left back, step right beside left, making 1/4 turn right step left in place

### FULL RIGHT SPOT VOLTA TURN, 3/4 LEFT SPOT VOLTA TURN

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

### SAMBA WHISK, 3/4 RIGHT CURVATURE TRAVELING VOLTAS

1&2 Step right to right, step left behind right, step right in place  
3&4 Step left to left, step right behind left, step left in place  
5&6& Cross right over left, step left to left, Cross right over left, step left to left  
7&8 Cross right over left, step left to left, Cross right over left

### SAMBA WHISK, 3/4 LEFT CURVATURE TRAVELING VOLTAS

1&2 Step left to left, step right behind left, step left in place  
3&4 Step right to right, step left behind right, step right in place  
5&6& Cross left over right, step right to right, Cross left over right, step right to right  
7&8 Cross left over right, step right to right, Cross left over right

### 1/4R OUT OUT, HIP BOUNCES, FLICK, WEAVE TO LEFT, 1/4 L FORWARD

1-2 Making 1/4 turn right step right forward diagonally, step left forward diagonally  
&3&4 Raise right hip up, return to left, Raise right hip up, return to left (weight on left during bumps)  
& Small flick right to right  
5&6& Cross right behind left, step left to left, cross right over left, step left to left  
7&8 Cross right behind left, making 1/4 turn left step left forward, step right forward

#### **4-COUNTS SAMBA ROLL, SYNCOPATED FORWARD, SHUFFLE**

1-2&3 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. Step left (1), right (2), left (3), right (4) on each individual count

5&6& Step left forward, lock right behind left, Step left forward, lock right behind left,

7&8 Step left forward, lock right behind left, Step left forward

**START DANCE AGAIN**

**RESTART: On wall 2, dance to count 48, then restart dance.**

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