

Sha La La Ez

Count: 32

Wall: 4

Level: Improver

Choreographer: Lynn Card (USA) - October 2015

Music: I Feel Good - Thomas Rhett



SECTION 1: WALK, WALK, OUT OUT, CLAP, HIP BUMPS

- 1,2 Walk R forward, Walk L forward
- &3,4 Step R out to right, Step L out to left, Clap once
- 5,6 Bump R hip to right twice
- 7,8 Bump L hip to left twice (weight on L)

SECTION 2: STEP BACK, TOUCH, STEP BACK, TOUCH, BACK, BACK, COASTER STEP

- 1,2 Step R back to right diagonal, Touch L next to R
- 3,4 Step L back to left diagonal, Touch R next to L
- 5,6 Walk R back, Walk L back
- 7&8 Step R back, Step L next to R, Step R forward

SECTION 3: STEP, TOGETHER, TRIPLE STEP, STEP, TOGETHER, TRIPLE STEP ¼ TURN

- 1,2 Step L forward to left diagonal, Step R next to L (10:00)
 - 3&4 Step L forward to left diagonal, Step R next to L, Step L forward
 - 5,6 Step R forward to right diagonal, Step L next to R (2:00)
 - 7&8 Step R forward to right diagonal, Step L next to R, Step R forward and ¼ turn to left (9:00)
- (For Beginners: You can do this section without syncopation Step, Together, Step, Touch and Step, Together, Step ¼ Turn, Touch)

SECTION 4: STEP, POINT, STEP, POINT, TWIST, TWIST, TWIST, KNEE POP

- 1,2 Step L next to R, Point R to right
 - 3,4 Step R next to L, Point L to left (you may travel forward on counts 1,2,3,4 but be sure to be in the right position to step into the twist)
- (Check video for styling option on step points)
- 5,6 Bring L in next to R and twist both heels to R, Twist heels to L
 - 7,8 Twist heels right, Twist heels to center and at the same time release R heel and pop R knee Forward

TAG: 8 COUNTS, After Wall 3 facing 3:00

- &1,2 Jump forward R out then L out, Clap
- &3,4 Jump back R then L together, Clap
- 5,6 Step R forward to slight diagonal, Step L forward out to left
- 7,8 Step R back to center, Step L next to R

Ending: The dance ends perfectly on count 32 with the knee pop.