

Lao A Lao

Compte: 32

Mur: 4

Niveau: Beginner / Improver



Chorégraphe: Andrico Yusran (INA) - August 2021

Musique: Lao' a Lao' - Prince Royce

Tag : 4 counts after wall 5

Restart : on wall 9 after 16 counts

Start Dance after intro 16 counts

S1# *WALK FORWARD - LOCK TOUCH BEHIND - BACK LOCK SHUFFLE - CROSS LOCK*

1-4 Step R - L - R walk forward , L lock touch behind R

5-8 L back , R cross back over L , L back , R cross lock touch over L (weight on L)

S2# *FORWARD - FLICK - BACK - HOOK - FORWARD - PIVOT 1/4 TURN - FORWARD*

1-4 Step R forward , L heel back up behind R , L back , R heel cross up over L

5-8 R forward , L forward 1/4 turn to R , R in place , L forward

(Restart here on wall 9)

S3# *FORWARD - PIVOT 1/2 TURN - BACK - HIP BUMP (R-L) *

1-4 Step R forward , L 1/2 turn to R , R back , L touch in place with Bump to L

5-8 Step L forward , R 1/2 turn to L , L back , R touch in place with Bump to R

S4# *ROCK STEPS with Hips - HIP BUMP*

1-4 Step R side , L recover , R close beside L , L close touch beside R with bump to L

5-8 Step L side , R recover , L close beside R , R close touch beside L with bump to R

TAG 4 COUNTS

SIDE - SIDE TOUCH - TAP IN PLACE - CLOSE (bump)

1-4 R to side , L side touches , L tap in place , R close touch beside L with bump to R

Dancing With Your Heart

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