

# Lala

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Vee Trias (INA) & Julaeha Pangngulu (INA) - November 2023

Musique: LALA - Myke Towers



**Change Step and Restart : On wall 3 & 6 after 16 count**

**\*S1. CROSS MAMBO - RECOVER - CROSS SAMBA - CROSS SHUFFLE - ROCK SIDE - RECOVER\***

1&2& Cross R over L Recover on L - Rock R to side - Recover on L  
3 a4 Cross R over L - Rock L to side - Recover on R  
5&6 Cross L over - Step R to side - Cross L over R  
7 - 8 Rock R to side - Recover on L

**\*S2. BEHIND - SIDE- CROSS - SIDE - TURN ¼ LEFT - ANCHOR STEP (L-R)\***

1&2 Cross R behind L - Step L to side - Cross R over L  
3 - 4 Step L to side - Both feet rotate ¼ to the left - body weight on the right  
5&6 Step L slightly behind R- Step R in place - Step L in place  
7&8 Step R slightly behind L - Step L in place - Step R in place

**\*S3. SAMBA WHISK LEFT & RIGHT - TURN 1/4 LEFT FORWARD LOCK SHUFFLE - PIVOT TURN 1/4 LEFT\***

1 a2 Step L to side - Rock R behind L - Recover on L  
3 a4 Step R to side - Rock L behind R - Recover on R  
5&6 Turn 1/4 left step L forward - Lock R behind L - Step L forward  
7-8 Step R forward - Turn 1/4 left weight on L

**\*S4 VAUDEVILLE, FORWARD MAMBO, BACK MAMBO\***

1&2& Cross R over L - Step L to side - Touch R heel diagonal forward - Step R to side  
3&4& Cross L over R - Step R to side - Touch L heel diagonal forward - Step L to side  
5&6 Rock R forward - Recover on L - Step R back  
7&8 Rock L back - Recover on R - Step L forward

**REPEAT**

**Change Step and Restart : (on wall 3 & 6 after 16 count)**

7&8& Step R slightly behind L - Step L in place - Step R in place - Step L in place

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