

Lola Lives

Compte: 48

Mur: 2

Niveau: Intermediate

Chorégraphe: Helen Smith (UK)

Musique: Copacabana - Barry Manilow



2 X ¼ TURNING SAILOR STEPS LEFT, FULL TURN FORWARD, TOUCH, KICK

- 1&2 Cross right behind left, step left to left side turning ¼ left, step right to right side
- 3&4 Cross left behind right, step right to right side turning ¼ left, step left to left side
- 5-6 Make full turn forward, stepping right, left (turning left)
- 7-8 Touch right toe to left heel, kick right diagonally forward right (on steps 1&2, 3&4 you can roll your body from front to back, to the left to help the sailor steps really roll)

RIGHT & LEFT VAUDEVILLES WITH KICKS, STEP, CROSS UNWIND ¾ RIGHT, STEP LOCK STEP FORWARD

- &9 Step right to right side, cross left over right
- &10 Step right to right side, kick left to left diagonal (pushing shoulders back)
- &11 Step left to left side, cross right over left
- &12 Step left to left side, kick right to right diagonal (pushing shoulders back)
- &13-14 Step right to left, cross left over right, unwind ¾ right (weight ends on right)
- 15&16 Step forward on left, lock step right behind left, step forward on left

ROLL HIP TO THE LEFT TWICE, CHA-CHA-CHA BACK TO RIGHT DIAGONAL & LEFT DIAGONAL

- 17-18 Roll hips to the left (keeping feet in place)
- 19-20 Roll hips to the left (keeping feet in place)
- 21&22 Step back on right to right diagonal, close left to right, step back on right to right diagonal
- 23&24 Step back on left to left diagonal, close right to left, step back on left to left diagonal

HEEL & TOE DIGS MOVING LEFT

- 25&26 Dig right heel over left, cross right step over left, touch left toe to right heel
- &27 Step left to left side, dig right heel over left
- &28 Cross step right over left, touch left toe to right heel
- &29 Step left to left side, dig right heel over left
- &30 Cross right step over left, touch left toe to right heel
- &31 Step left to left side, dig right heel over left
- &32 Cross step right over left, touch left toe to right heel

¼ TURNING KICK BALL TOUCH, HIP BOUNCES, KICK BALL TOUCH, HIP BOUNCES

- 33&34 Kick left forward, turning ¼ left on ball of right, step left in place, touch right to right side
- &35&36 Hold foot position, while bouncing hips out, in, out, in
- 37&38 Kick right forward, step in place on right, touch left to left side
- &39&40 Hold foot position, while bouncing hips out, in, out, in

CROSS ROCK, CROSS UNWIND ½ LEFT, 4 X ¼ TOUCH TURNS LEFT

- 41-42 Cross rock left over right, recover on right
- 43-44 Cross left behind right, unwind ½ turn left
- &45 Hitch right knee while turning ¼ left, touch right toe to right side
- &46 Hitch right knee while turning ¼ left, touch right toe to right side
- &47 Hitch right knee while turning ¼ left, touch right toe to right side
- &48 Hitch right knee while turning ¼ left, touch right toe to right side

SHIMMIES

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| 1-2 | Shimmy to right, moving body down then up (weight ends on right) |
| 3-4 | Shimmy to left, moving body down then up (weight ends on left) |
| 5-6 | Shimmy to right, moving body down then up (weight ends on right) |
| 7-8 | Shimmy to left, moving body down then up (weight ends on left) |

REPEAT

TAG

When using Copacabana, at the end of 2nd, 4th and 6th walls (when facing front the first 3 times), add an extra 8 counts of shimmies, then dance through the 48 counts straight every wall thereafter
