

Sha-La Shuffle

Compte: 0

Mur: 1

Niveau: Improver

Chorégraphe: Christina Walker (UK)

Musique: Shalala Lala - Vengaboys



Sequence: ABC ABB B to end

PART A

RIGHT & LEFT BACK SHUFFLES, KICK BALL POINT, CROSS, ½ UNWIND

- 1&2 Step back on right, close left beside right, step back right
3&4 Step back on left, close right beside left, step back left
5&6 Kick right foot forward, step down on ball of right and point left to left side
7&8 Cross left over right and unwind ½ turn over right shoulder

RIGHT & LEFT SAILOR STEPS, RIGHT & LEFT FORWARD SHUFFLES

- 9&10 Cross right behind left, step left to left side, step right in place
11&12 Cross left behind right, step right to right side, step left in place
13&14 Step forward right, close left beside right, step forward right
15&16 Step forward left, close right beside left, step forward left

RIGHT HEEL BALL CROSS TWICE, ROCK RIGHT, RIGHT CROSS SHUFFLE

- 17&18 Step right heel forward, step right in place and cross left over right
19&20 Step right heel forward, step right in place and cross left over right
21&22 Rock onto right side, back onto left
23&24 Cross step right over left, step left to left side, cross step right over left

LEFT HEEL BALL CROSS TWICE, ROCK LEFT, LEFT CROSS SHUFFLE

- 25&26 Step left heel forward, step left in place and cross right over left
27&28 Step left heel forward, step left in place and cross right over left
29&30 Rock onto left side, back onto right
31&32 Cross step left over right, step right to right side, cross step left over right
33-64 Repeat above steps

PART B

FULL TURN RIGHT, SLAP, SLAP, CLAP

- 1-3 Step ¼ turn on right foot, step ¼ turn left on left foot, step ½ turn right on right foot
4&5 Slap right thigh with right hand, slap left thigh with left hand, clap

ROCK FORWARD LEFT, BACK RIGHT, FORWARD LEFT, ROCK FORWARD RIGHT, BACK LEFT, FORWARD RIGHT, SCUFF, WALK BACK

- 6-8 Rock forward on left foot, back on right, rock forward on left
9-11 Rock forward on right foot, back on left, rock forward on right
12-16 Scuff left foot forward, walk back left, right, left, right

FULL TURN LEFT, SLAP, SLAP, CLAP

- 17-19 Step ¼ turn left, step ¼ turn right on right foot, step ½ turn left on left foot
20&21 Slap left thigh with left hand, slap right thigh with right hand, clap

ROCK FORWARD RIGHT, BACK LEFT, FORWARD RIGHT, ROCK FORWARD LEFT, BACK RIGHT, FORWARD LEFT, SCUFF, WALK BACK

- 22-24 Rock forward on right foot, back on left, rock forward on right
25-27 Rock forward on left foot, back on right, rock forward on left

28-32 Scuff right foot forward, walk back right, left, right, left

33-64 Repeat steps 1-32 of Part B

PART C

JUMPING JACKS, ½ UNWIND, CLAP, CLAP

1-2 Jump feet apart, jump feet together crossing right in front of left

3-4 Jump feet apart, jump feet together crossing right behind left

5-6 Jump feet apart, jump feet together crossing right in front of left

7&8 Unwind ½ turn over left shoulder, clap, clap

9-16 Repeat above steps

ALTERNATIVE STEPS TO SECTION C

1-2 Point right to right side, point right in front of left

3-4 Point right to right side, touch right behind left

5-6 Point right to right side, cross right in front of left

7&8 Unwind ½ turn over left shoulder, clap, clap

9-16 Repeat above steps
