

La La La

拍数: 96 墙数: 2 级数: Phrased High Intermediate
编舞者: Elis Sumarah (INA) - September 2016
音乐: La La La (feat. Sam Smith) - Naughty Boy



Intro : After 15 Second, start form vocal La La La
Sequence : B A A (32) B A A (32) B B A (32) A (32) B

Restart on wall 6 after 32 count

A1. Step R hip bump , step L hip bump rock R recover – turn ½ R – flick

1 – 2 step R to R side, touch L beside R hip bump
3 – 4 step L to L side, touch R beside L hip bump
5 – 6 step R forward, recover on L
7 – 8 step R back turn ½ R, flick L (6:00)

A2. Weave R – hook R – sweep ½ R

1 – 4 cross L over R, Step R to R side, step L behind R , hook R
5 – 8 step R forward, turn ½ R sweep L to L side (12:00)

A3. Diagonal lock step – hold – sway – step back recover

1 – 4 step L forward diagonal , step R behind L , step L forward, hold
5 – 6 step R to R side sway R ,
7 hold
& 8 step R back, recover on L

A 4 . turning ½ R diagonal lock step – hold – sway – touch R

1 – 4 turn ½ R step R forward diagonal, step L behind R, step R forward
5 – 8 step L to L side sway L, R L, touch R beside L

•□Restart in here on wall 6

A 5. Turning ½ R step forward point touch – cross touch – step together – twist heel

1 – 2 turning ½ R, step R forward (12:00)
3 – 4 touch point L to L side, cross L over R
5 – 6 touch R to R side, step R beside R
7 – 8 twist heel R, center

A6. Jazz box R turning ½ R – touch R - body weave / body roll

1 – 4 cross R over L, step L back, turn ½ R step R forward, step L forward (6.00)
5 – 8 touch R forward, body weave / body roll

A7. Jazz box R turning ¼ R - touch R- body weave / body roll

1 – 4 cross R over L, step L back, turn ¼ R step R forward, step L forward (9.00)
5 – 8 touch R forward, body weave / body roll

A8 . step back recover – hitch R turning ¼ L – sway –touch R

1 – 2 step R back, recover on L
3 – 4 hitch R turning ¼ L, step R to R side
5 – 8 sway L, R, L, touch R beside L

B1. Grapevine Right – touch – hip bump

1 – 4 step R to R side, Step L behind R, step R to R side, touch L beside R
5 – 8 hip bump up and down

B2. Grapevine left – step together R – body weave / body roll

1 -4 step L to L side, step R behind L, step L to L side, step R beside L
5 -8 body move down up

B3. Slightly cross – step together waving arms to Right side and left side

1 – 2 slightly cross R over L, touch L beside R
3 – 4 slightly cross L over R, touch beside L
5 – 6 right arms waving to right side, weight on R
7 – 8 left arms waving to left side, weight on L

B4. Back touch right and left – body weave / body roll

1 – 2 step R back, touch forward L
3 – 4 step L back, touch forward R
5 – 8 body weave / body roll

Enjoy your dance and have fun

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