

# 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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