

Sweet Lola

拍数: 32 墙数: 2 级数: Beginner
编舞者: Daniele Traverso (IT) - February 2018
音乐: Sweet Lola - Dean Brody



Description: Intro 8 Counts, A 32C, tag 4C, Final 6C

Sequence: intro,A,tag,A,A(+S4),tag,A,tag,A,A,A(+S4),A,tag,A+,A(+S4x2)1/2tag(kick ball cross),A,final

INTRO (8 counts)

Heel Grind X2, Rocking Chair

1-2 touch right heel forward,grind right heel to right
3-4 touch left heel forward,grind left heel to left
5-6 step right forward,recover weight on left
7-8 step right back,recover weight on left

A(32)

SA1 (1-8):chassè ¼ turn, ¼ turn lindy,point cross

1&2 step right to right,left beside right,1/4 turn right & step right forward
3&4 1/4 turn right & step left to left side,right beside left,step left to left side
5-6 step right behind left,recover weight on left
7-8 touch toe right to right,cross right over left

SA2 (9-16): ¼ turn,heel jack ,together,stomp,coaster step,rolling vine ¾ turn,cross

&1&2 ¼ turn right , step left back&touch heel right forward, recover weight on right , stomp left
 beside right (weight on left)
3&4 step right back,step left beside right,step right forward
5-6 ¼ turn left & step left forward, ¼ turn left & step right back
7-8 ¼ turn left & step left forward,cross right over left

SA3 (17-24):scissor cross X2,rock,recover,coaster step

1&2 step left diagonally back,step right beside left,cross left over right
3&4 step right diagonally back,step left beside right,cross right over left
5-6 step left forward,recover weight on right
7&8 step left back,step right beside left,step left forward

SA4 (25-32): rock,recover,full turn,coaster step,mambo step

1-2 step right forward,recover weight on left
3-4 ½ turn right & step right forward, ½ turn right & step left back
5&6 step right back,step left beside right,step right forward
7&8 rock left forward,recover weight on right ,left beside right (weight on left)

TAG(4)

kick ball cross, ¼ turn,rock,recover, ¼ turn

1&2 kick right forward,step right next to left,cross left over right
3&4 ¼ turn right , step right forward,recover weight on left & ¼ turn right

Final(6)

kick ball cross, ¼ turn,rock,recover, ¾ turn,stomp

1&2 kick right forward,step right next to left,cross left over right
3-4 ¼ turn right & step right forward,recover weight on left
5-6 ½ turn right & step right forward, ¼ turn right & stomp left beside right

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