

Sha La La

拍数: 64 墙数: 2 级数: Phrased Beginner
编舞者: Amy Yang (TW) & BM Leong (MY) - April 2019
音乐: Sha La La (莎啦啦) - Huang Hui Yi (黄慧儀)



Intro: 48 counts.

SOD: AABBTAg/AABBTAg/AABBBBB

(A) 32 counts

RIGHT VINE, SIDE ROCK, CROSS CHA CHA

1-2 Step R to right side, cross L behind R
3-4 Step R to right side, cross L over R
5-6 Step R to right side, recover onto L
7&8 Cross cha cha on RLR

SIDE, BEHIND, HALF TURN LEFT, LEFT LINDY

1-2 Step L to left side, cross R behind L
3-4 1/4 turn left step L forward, 1/4 turn left step R to right side
5-6 Cross L behind R, recover onto R
7&8 Cha cha to left side on LRL

CHA CHA BOX

1-2 Step R to right side, step L beside R
3&4 Cha cha forward on RLR
5-6 Step L to left side, step R beside L
7&8 Cha cha backward on LRL

BACK ROCK, FORWARD CHA CHA, FORWARD ROCK, COASTER STEP

1-2 Rock R back, recover onto L
3&4 Cha cha forward on RLR
5-6 Rock L forward, recover onto R
7&8 Coaster step on LRL

(B) 32 counts

WALK, WALK, WALK, CLAP, CLAP, CLAP, LEFT SIDE MAMBO-TOUCH

1-3 Along the right diagonal, walk forward on RLR
4&5 Clap-clap-clap
6-8 Rock L to left side, recover onto R, touch L beside R

BACK-TOUCH X 4

1-2 Step L back diagonally, touch R beside L
3-4 Step R back diagonally, touch L beside R
5-6 Step L back diagonally, touch R beside L
7-8 Step R back diagonally, touch L beside R

WALK, WALK, WALK, CLAP, CLAP, CLAP, RIGHT SIDE MAMBO-TOUCH

1-3 Along the left diagonal, walk forward on LRL
4&5 Clap-clap-clap
6-8 Rock R to right side, recover onto L, touch R beside L

BACK, TOUCH, BACK, TOUCH, 1/4 LEFT - SIDE, TOUCH, 1/4 LEFT - SIDE, TOUCH

1-2 Step R back diagonally, touch L beside R
3-4 Step L back diagonally, touch R beside L

5-6 1/4 turn left step R to right side, touch L beside R
7-8 1/4 turn left step L to left side, touch R beside L

TAG

1-2 Step R to right side dropping right shoulder, touch L beside R levelling shoulder
3-4 Step L to left side dropping left shoulder, touch R beside L levelling shoulder
5-6 Step R to right side dropping right shoulder, touch L beside R levelling shoulder
7-8 Step L to left side dropping left shoulder, touch R beside L levelling shoulder

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