

# Sha La La (莎啦啦) (zh)

COPPER KNOB  
STEPSHEETS

拍数: 64                      墙数: 2                      级数: Phrased Beginner  
编舞者: Amy Yang (TW) & BM Leong (MY) - 2019年04月  
音乐: Sha La La (莎啦啦) - Huang Hui Yi (黄慧儀)



Intro : 48 counts. SOD: AABBTAg/AABBTAg/AABBBBB

## Part A : 32 counts

### A1: RIGHT VINE, SIDE ROCK, CROSS CHA CHA

1 - 4                      Step R to right side, cross L behind R, Step R to right side, cross L over R  
5-6, 7&8                Step R to right side, recover onto L, Cross cha cha on RLR  
1 - 4                      右足右踏,左足交叉右足後,右足右踏,左足交叉右足前  
5-6,7&8                右足右踏,重心回左足,右足交叉左足前,左足左踏,右足交叉左足前

### A2: SIDE, BEHIND, HALF TURN LEFT, LEFT LINDY

1 - 4                      Step L to left side, cross R behind L, 1/4 turn left step L forward, 1/4 turn left step R to right side(06:00)  
5-6, 7&8                Cross L behind R, recover onto R, Cha cha to left side on LRL  
1 - 4                      左足左踏,右足交叉左足後,左轉 1/4 左足前踏, 左轉 1/4 右足右踏(06:00)  
5-6,7&8                左足交叉右足後,重心回右足,左足左踏,右足併於左足旁,左足左踏

### A3: CHA CHA BOX

1-2, 3&4                Step R to right side, step L beside R, Cha cha forward on RLR  
5-6, 7&8                Step L to left side, step R beside L, Cha cha backward on LRL  
1-2, 3&4                右足右踏,左足併於右足旁,右足前踏,左足鎖步於右足後,右足前踏  
5-6, 7&8                左足左踏,右足交叉左足旁,左足後踏,右足鎖步於左足前,左足後踏

### A4: BACK ROCK, FORWARD CHA CHA, FORWARD ROCK, COASTER STEP

1-2, 3&4                Rock R back, recover onto L, Cha cha forward on RLR  
5-6, 7&8                Rock L forward, recover onto R, Coaster step on LRL  
1-2, 3&4                右足後踏,重心回左足,右足前踏,左足鎖步於右足後,右足前踏  
5-6, 7&8                左足前踏,重心回右足,左足後踏,右足併於左足旁,左足前踏

## Part B : 32 counts

### B1: WALK, WALK, WALK, CLAP, CLAP, CLAP, LEFT SIDE MAMBO-TOUCH

1-3, 4&5                Along the right diagonal, walk forward on RLR, Clap-clap-clap(01:30)  
6 - 8                      Rock L to left side, recover onto R, touch L beside R  
1-3, 4&5                向右斜走步,右足,左足,右足,拍手3下(01:30)  
6 - 8                      左足左踏,重心回右足,左足點收於右足旁

### B2: BACK-TOUCH X 4

1 - 4                      Step L back diagonally, touch R beside L, Step R back diagonally, touch L beside R  
5 - 8                      Step L back diagonally, touch R beside L, Step R back diagonally, touch L beside R  
1 - 4                      左足左斜後踏,右足點收於左足旁,右足右斜後踏,左足點收於右足旁  
5 - 8                      左足左斜後踏,右足點收於左足旁,右足右斜後踏,左足點收於右足旁繞

### B3: WALK, WALK, WALK, CLAP, CLAP, CLAP, RIGHT SIDE MAMBO-TOUCH

1-3, 4&5                Along the left diagonal, walk forward on LRL, Clap-clap-clap(10:30)  
6-8                      Rock R to right side, recover onto L, touch R beside L  
1-3, 4&5                向左斜走步,左足,右足,左足,拍手3下(10:30)  
6 - 8                      右足右踏,重心回左足,右足點收於左足旁

### B4: BACK, TOUCH, BACK, TOUCH, 1/4 LEFT - SIDE, TOUCH, 1/4 LEFT - SIDE, TOUCH

- 1 - 4 Step R back diagonally, touch L beside R, Step L back diagonally, touch R beside L  
 5 - 8 1/4 turn left step R to right side, touch L beside R, 1/4 turn left step L to left side, touch R beside L  
 1 - 4 右足右斜後踏,左足點收於右足旁,左足左斜後踏,右足點收於左足旁  
 5 - 8 左轉 1/4右足右踏,左足點收於右足旁,左轉 1/4左足左踏,右足點收於左足旁

**Start again.**

**TAG: 8 COUNTS**

- 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  
 1 - 4 右足右踏及放低右肩,左足點收於右足旁及右肩回復,左足左踏及放低左肩,右足點收於左足旁及左肩回復  
 5 - 8 右足右踏及放低右肩,左足點收於右足旁及右肩回復,左足左踏及放低左肩,右足點收於左足旁及左肩回復

**Ending : After wall 15, do an extra pivot 1/2 turn L to face 12:00 and end**

**結束 : 第十五牆後,左轉 1/2面向12:00結束.**

**FORWARD, PIVOT 1/2 TURN L**

- 1 - 2 Step LF forward, Pivot 1/2 turn L step RF forward(facing 12:00)

**Have Fun & Happy Dancing!**

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