

Ola La

拍数: 80
编舞者: Mei Mei (INA) - July 2021
音乐: Ola La - KATE LINN

墙数: 2

级数: Phrased Intermediate



Sequence : A B Tag A B* B B** Tag A B* (Ending)

Intro : 16 count

Part A (32 Count)

S1. Cross Rock Recover , Sailor Step

- 1&2& Cross rock RF over LF (1), Recover weight onto LF (&), Step RF to right (2), Recover weight onto LF (&)
- 3&4 Step RF behind LF (3), Step LF to left (&), Step RF to right (4)
- 5&6& Cross rock LF over RF (5), Recover weight onto RF (&), Step LF to left (6), Recover weight onto RF (&)
- 7&8 Step LF behind RF (7), Step RF to right (&), Step LF to left (8)

S2. Forward Mambo , Coaster Step, Volta Full Turn R

- 1&2 Rock RF forward (1), Recover weight into LF (&), Step RF back (2)
- 3&4 Step LF back (3), Step RF beside LF (&), Step LF forward (4)
- 5&6& ¼ Turn right Step RF forward (5), Step LF next to RF (&), ¼ Turn right Step RF forward (6), Step LF next to RF (&)
- 7&8 ¼ Turn right Step RF forward (7), Step LF next to RF (&), ¼ Turn right Step RF forward (8)

S3. Cross Rock Recover, Sailor Step

- 1&2& Cross rock LF over RF (1), Recover weight onto RF (&), Step LF to left (2), Recover weight onto RF (&)
- 3&4 Step LF behind RF (3), Step RF to right (&), Step LF to left (4)
- 5&6& Cross rock RF over LF (5), Recover weight onto LF (&), Step RF to right (6), Recover weight onto LF (&)
- 7&8 Step RF behind LF (7), Step LF to left (&), Step RF to right (8)

S4. Forward Mambo, Coaster Step, Volta Full Turn L

- 1&2 Rock LF forward (1), Recover weight into RF (&), Step LF back (2)
- 3&4 Step RF back (3), Step LF beside RF (&), Step RF forward (4)
- 5&6& ¼ Turn left Step LF forward (5), Step RF next to LF (&), ¼ Turn left Step LF forward (6), Step RF next to LF (&)
- 7&8 ¼ Turn left Step LF forward (7), Step RF next to LF (&), ¼ Turn left Step LF forward (8)

Part B (48 Count)

S1. Cross Samba L R , ¼ L Volta Turn Step

- 1a2 Cross RF over LF (1), Rock LF to left side (a), Recover on RF (2)
- 3a4 Cross LF over RF (3), Rock RF to right side (a), Recover on LF (4)
- 5a6a Cross RF over LF making ¼ turn right (5), Step LF to side (a), Cross RF over LF to side (6), Step LF to side (a)
- 7a8 Cross RF over LF to side (7), Step LF to side (a), Cross RF over LF to side (8)

S2. Volta Full Turn L , Batucada

- 1a2a Cross LF over LF making ¼ to left (1), Step RF next to LF (a), Cross LF over RF making ¼ to L (2), Step RF next to LF (a)
- 3a4 Cross LF over LF making ¼ to left (3), Step RF next to LF (a), Turn ¼ to left Step LF forward (4)
- 5&a Step RF backwards (5), Press LF forward (&), Recover on RF (a)

- 6&a Step LF backwards (6), Press RF forward (&), Recover on LF (a)
- 7&a Step RF backwards (7), Press LF forward (&), Recover on RF (a)
- 8 Step LF backwards weight on LF (8)

S3. Rock Back, Recover, Step, Forward ½ R Pivot, Shuffle Forward L

- 1a2 Rock Back on RF (1), Recover on LF (a), Step RF next to LF (2)
- 3a4 Rock Back on LF (3), Recover on RF (a), Step LF next to RF (4)
- 5&6 Step RF forward (5), Step LF forward (&), ½ Turn right Step RF forward (6)
- 7&8 Step LF forward (7), Step RF next to LF (&), Step LF forward (8)

S4. Cross Samba L, ¼ Turn L Forward, Back Recover, Vauldeville

- 1a2 Step RF forward and across LF (1), Rock LF to left side (a), Recover on RF (2)
- 3a4 ¼ Turn left Step LF forward (3), Step back RF (a), Recover on LF (4)
- 5&6& Cross RF over LF (5), Step LF next to RF (&), Point RF to R diagonal (6), Step RF in place (&)
- 7&8& Cross LF over RF (7), Step RF next to LF (&), Point LF to L diagonal (8), Step LF in place (&)

S5. Cross Shuffle with Hitch, Cross Shuffle , Samba Whisk R L

- 1&2& Cross RF over LF (1), Step LF to side (&), Cross RF over LF (2), Hitch LF (&)
- 3&4 Cross LF over RF (3), Step RF to side (&), Cross LF over RF (4)
- 5a6 Step RF to right (5), Step LF behind RF (a), Step RF in place (6)
- 7a8 Step LF to left (7), Step RF behind LF (a), Step LF in place (8)

S6. ½ Turn R Cross Shuffle , ½ Turn L Cross Shuffle, Side Mambo Cross R L

- 1&2 ½ Turn R Cross RF over LF (1), Step LF to side (&), Cross RF over LF (2)
- 3&4 ½ Turn L Cross LF over RF (3), Step RF to side (&), Cross LF over RF (4)
- 5&6 Step RF to side (5), Step LF in place (&), Cross RF over LF (6)
- 7&8 Step LF to side (7), Step RF in place (&), Cross LF over RF (8)

There are two Restarts on Part B :

Restart on Part B*, After 32 Count

Restart on Part B, After 16 Count & Continue with ¼ Turn R, Tag (4 Count)**

TAG (4 Count)

S1. Side Mambo with Shimmy

- 1&2 Step RF to side (1), Step LF in place (&), Close RF beside LF (2) with shimmy
- 3&4 Step LF to side (3), Step RF in place (&), Close LF beside RF (4) with shimmy

Enjoy the dance

Stay Home and Stay Healthy

**Contact Us : Mei Mei - +878 80 70 90 08
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