

Lala Swing

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tim Johnson (UK) & Jean-Pierre Madge (CH) - August 2021
音乐: Lalalalalalalalala (Acoustic) - Mikolas Josef



Count In: Dance begins after 16 counts

Notes: Ensure the track is the Acoustic version.

[1-8] Walk L,R,L, right Sailor $\frac{1}{2}$, $\frac{1}{2}$ turn L, $\frac{1}{2}$ turn R sweeping L, behind L, side R

- 1-2-3 Walk forward L (1) Walk forward R (2) Walk forward L (3)
4&5 Making a $\frac{1}{2}$ turn to the right, step R behind L (4) step L to left side (&) step R forward (5) 6:00
prep your body to turn left
6 - 7 Making a $\frac{1}{2}$ turn to the left, step L forward (6) making another $\frac{1}{2}$ turn to the left step back on
R sweeping L behind R (7)6:00
8& Step L behind R (8) step R to right side (&)

[9-16] Cross L over R, Hold, Weave right, rock right, recover, $\frac{1}{2}$ R, $\frac{1}{2}$ L, behind.

- 1-2 Cross L over R (1) Hold (2)
&3&4 Step R to right side (&) Step L behind R (3) Step R to R side (&) Cross L over R (4)
5-6 Rock R out to right side (5) Recover weight back onto L (6)
7-8& making a $\frac{1}{2}$ turn to the right, step R to right side (7) making another $\frac{1}{2}$ turn to the right, step L
to left side (8) step R behind L (&) 6:00

[17-24] Step L to left side, sway R,L behind $\frac{1}{4}$ side, weave right, $\frac{1}{4}$ turn right shuffle

- 1-2-3 Step L to left side, swaying hips to the left (1) sway hips right (2) sway hips left (3)
4&5 Step R behind L (4) making a $\frac{1}{4}$ turn to the left, step forward on L (&) Step R to right side
(5)3:00
6&7 Step L behind R (6) step R to right side (&) cross L over R (7)
8& Making a $\frac{1}{4}$ turn to the right, Step forward on R (8) step L behind R (&)6:00

[25-32] L Step $\frac{1}{2}$ turn step, $\frac{1}{4}$ R shuffle, $\frac{1}{2}$ L shuffle, rock back R

- 1 Step forward R (1)
2&3 Step forward L (2) making a $\frac{1}{2}$ turn to the right, step forward on R (&) Step forward on
L(3)12:00
4&5 Making $\frac{1}{4}$ turn to the left, step R to right side (4) step L next to R (&) step R to right side
(5)9:00
6&7 Making a $\frac{1}{2}$ turn to the left, step L to left side (6) step R next to L (&) step L to left side
(7)3:00
8 Rock back on R (8) ready to restart the dance stepping forward on L for count 1.

End of dance, Smile and enjoy