

LaLaLa NaNaNa

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Ivan Rundgren (SWE) - August 2023
音乐: La La La - Faouzia
或: Island In the Sun - Nate VanDeusen & Bayshore Court



INTRO: 8 C, START ON WORD HAPPENING * TAG OR RESTARTS..... NOPE**
INTRO TO ALTERNATIVE MUSIC: 16 C NO TAGS OR RESTARTS. ENJOY, SUMMER IS ALMOST OVER!

SEC. 1 STEP – SWEEP – POINT – SWEEP – STEP BEHIND – SIDE – CROSS – SWEEP

1 2 Step fwd L (1) sweep R around and a cross L (2)
3 4 Point R diagonal a cross L (3) sweep R around and behind L (4)
5 6 Step R behind L (5) step L to L side (6)
7 8 Cross R over L (7) sweep L around and a cross R (8)

SEC. 2 POINT – SWEEP – STEP BEHIND – SIDE – STEP – LOCK – L LOCK STEP

1 2 Point L diagonal a cross R (1) sweep L around and behind R (2)
3 4 Step L behind R (3) Step R to R side (4)
5 6 Step fwd L (5) lock R behind L (6)
7 & 8 Step fwd L (7) lock R behind L (&) Step fwd L (8)

SEC. 3 PIVOT 1/2 L – WALK R L – STEP – POINT – STEP – POINT

1 2 Step fwd R (1) pivot 1/2 turn L (2)
3 4 Walk fwd R (3) walk fwd L (4)
5 6 Step fwd R (5) point L to L side with hip bump (6)
7 8 Step fwd L (7) point R to R side with hip bump (8)

SEC. 4 JAZZ BOX – ROCK STEP X2

1 2 Step R a cross L (1) step back on L (2)
3 4 Step R to R side (3) cross L over R (4)
5 6 & Step R to R side (5) recover to L (6) step R next to L (&)
7 8 Step L to L side (7) recover to R (8)

Start over again!

If you like it don't forget to like and subscribe!
Have fun & happy dancing, hugs from Sweden

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