LaLaLa NaNaNa

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 ☐

Webb Contact: ivan.rundgren@gmail.com

Last Update: 16 Aug 2023