

Lalala (랄랄라)

COPPER KNOB
BYEONHEE

拍数: 112 墙数: 1 级数: High Improver
编舞者: Yukyung Jung (KOR) - August 2023
音乐: Lalala (랄랄라) (feat. Soya) (Club Mix Version) - Mighty Mouth (마이티 마우스)



Sequence – Tag A A B C D D B C D D B A A D D Tag B(or Train play)
Intro: 36 counts – Start dancing with the Tag on lyric 'REMIX'

Part A

Sec1: FORWARD HIP BUMP(RLR-HOLD-LRL- HOLD)

1-2 Step RF fwd with bump R hip fwd(1), Bump hip back(2)
3-4 bump R hip fwd(3), Hold(4)
5-6 Step LF fwd with bump L hip fwd(5), Bump hip back(6)
7-8 bump L hip fwd(7), Hold(8)

Sec2: FORWARD HIP BUMP(RLR-HOLD), 1/2 PIVOT TURN R, FORWARD, TOUCH

1-2 Step RF fwd with bump R hip fwd(1), Bump hip back(2)
3-4 bump R hip fwd(3), Hold(4)
5-6 Step LF fwd(5), 1/2 turn right RF in place(6) 6:00
7-8 Step LF fwd(7), Touch RF next to LF(8)

Part B

Sec1: SIDE HIP BUMP (RLR-HOLD-LRL- HOLD)

1-2 Step RF side with bump R hip(1), Bump hip to L(2)
3-4 Bump hip to R(3), Hold(4)
5-6 Bump hip to L(5), Bump hip to R(6)
7-8 Bump hip to L(7), Hold(8)

Sec2: SIDE HIP BUMP(RLR-HOLD), GRAPEVINE, TOGETHER

1-2 Bump hip to R(1), Bump hip to L(2)
3-4 Bump hip to R(3), Hold(4)
5-6 Step LF to L side(5), Step RF behind LF(6)
7-8 Step LF to L side(7), Step RF next to LF(8)

Sec3: SIDE HIP BUMP(LRL-HOLD-RLR-HOLD)

1-2 Step LF side with bump L hip(1), Bump hip to R(2)
3-4 Bump hip to L(3), Hold(4)
5-6 Bump hip to R(5), Bump hip to L(6)
7-8 Bump hip to R(7), Hold(8)

Sec4: SIDE HIP BUMP(LRL-HOLD), ROLLING TURN R, TOGETHER

1-2 Bump hip to L(1), Bump hip to R(2)
3-4 Bump hip to L(3), Hold(4)
5-6 Turn 1/4 right step RF fwd(5), Turn 1/2 right step LF back(6) 9:00
7-8 Turn 1/4 right step RF side(7), Step LF next to RF(8) 12:00

Part C

Sec1: CROSS POINT X2, JAZZ BOX 1/4 TURN R

1-2 Cross RF over LF(1), Point LF to side(2)
3-4 Cross LF over RF(3), Point RF to side(4)

5-6 Cross RF over LF(5), Turn 1/4 right step LF back(6) 3:00
7-8 Step RF to R side(7), Step LF fwd(8)

Sec2: ROCKING CHAIR, OUT-OUT-CLAP, HIP BUMP(R-L)

1-2 Rock step RF fwd(1), Recover on LF(2)
3-4 Rock step RF back(3), Recover on LF(4)
&5-6 Step RF fwd Out on R(&), Step LF fwd Out on L(5), Clap(6)
7-8 Bump hip to R(7), Bump hip to L(8)

Sec3: GRAPEVINE 1/4 TURN R, BRUSH, JAZZ BOX, TOUCH

1-2 Step RF to R side(1), Step LF behind RF(2)
3-4 Turn 1/4 right step RF fwd(3), Brush LF fwd(4) 6:00
5-6 Cross LF over RF(5), Step RF back(6)
7-8 Step LF to L side(7), Touch RF next to LF(8)

Sec4: HIP BUMP(RLR-LRL), 1/2 PIVOT TURN L, WALK, WALK

1&2 Step RF to R side with Bump hip to R(1), Bump hip to L(&), Bump hip to R(2)
3&4 Bump hip to L(3), Bump hip to R(&), Bump hip to L(4)
5-6 Step RF fwd(5), 1/2 turn left LF in place(6) 12:00
7-8 Step RF fwd(7), Step LF fwd(8)

Part D

Sec1: SIDE, KICK, SIDE, KICK, GRAPEVINE, TOUCH

1-2 Step RF to R side(1), Kick LF over RF(2)
3-4 Step LF to L side(3), Kick RF over LF(4)
5-6 Step RF to R side(5), Step LF behind RF(6)
7-8 Step RF to R side(7), Touch LF next to RF(8)

Sec2: SIDE, TOGETHER, 1/4 TURN FORWARD, BRUSH, SHUFFLE, ROCK, RECOVER

1-2 Step LF to L side(1), Step RF next to LF (2)
3-4 Turn 1/4 left step LF fwd(3), Brush RF fwd(4) 9:00
5&6 Step RF fwd(5), Step lock LF behind RF(&), Step RF fwd(6)
7-8 Rock LF fwd(7), Recover on RF(8)

Sec3: BACK, TOUCH, BACK, TOUCH, HOLD, COASTER, 1/4 PIVOT TURN L

1-2 Step LF slightly to L back diagonal(1), Touch RF next to LF(2)
&3-4 Step RF slightly to R back diagonal(&), Touch LF next to RF(3), Hold(4)
5&6 Step LF back(5), Step RF next to LF(&), Step LF fwd(6)
7-8 Step RF fwd(7), 1/4 turn left LF in place(8) 6:00

Sec4: SAILOR X2, COASTER, FORWARD, SCUFF

1&2 Step RF behind LF(1), Step LF next to RF(&), Step RF to R side(2)
3&4 Step LF behind RF(3), Step RF next to LF(&), Step LF to L side(4)
5&6 Step RF back(5), Step LF next to RF(&), Step RF fwd(6)
7-8 Step LF fwd(7), Scuff RF to R side(8)

TAG: HOLD AND POSE

1-4

OPTION: The last Part B can be changed to a nostalgic train play dance that you used to play with your childhood friends.

Please refer to CHAMP LINEDANCE YouTube video^^

Have fun & Happy dancing~~~!

Contact : champ.linedance@gmail.com

