

# Lahaina Strong

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Absolute Beginner  
编舞者: Susanne Flynn (USA) - August 2023  
音乐: Lahaina - Loggins & Messina



Dedicated to the people of Lahaina

#24 count intro, start on vocals

\*\*2 Restarts after section 1 on wall 3 (6:00) and wall 6 (3:00)

## Section 1: Side, Together, Side, Touch (2 Step) R then L

1-2            Step R foot to R / Step L next to R  
3-4            Step R foot to R / Touch L foot next to R  
5-6            Step L foot to L / Step R next to L  
7-8            Step L foot to L / Touch R foot next to L

Optional arms: Hula "wave" arms toward the L then R

## Section 2: Cross Mambo to L then R

1-2            Cross R foot over L / Recover on L  
3-4            Step R back to home / Hold  
5-6            Cross L foot over R / Recover on R  
7-8            Step L foot back to home / Hold

Optional arms: Hula "breast stroke" to L then R

## Section 3: Step, Lock, Step, Brush moving forward R then L

1-2            Step R foot diag forward / lock L foot behind R  
3-4            Step R foot diag forward / brush L foot forward  
5-6            Step L foot diag forward / lock R foot behind L  
7-8            Step L foot diag forward / brush R foot forward

Optional arms: Hula "praise the sun" 2x (up center and circle down to sides)

## Section 4: Jazz Box turning R, Rocking Chair (or 2 Pivots)

1-2            Cross R foot over L / step L back making ¼ turn R  
3-4            Step R foot to R / Step L foot next to R  
5-6            Rock R foot forward / Recover on L  
7-8            Rock R foot back / Recover on L

Optional arms: Hula "present" arm R then L (single arm forward sweeping side)

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