

La (라)

拍数: 64 墙数: 1 级数: Improver
编舞者: Sunny Jeong (KOR) - August 2023
音乐: La (라) - Cho Yong Pil (조용필)



Intro: 16C

Sequence: A×2, B×2, A×2, B×2

PART A

[Sec. 1] FORWARD WALK (R/L), SIDE, DRAG, CROSS ROCK, SIDE, DRAG

1-4 RF step forward(1), LF step forward(2), RF step big side(3), LF drag (4)
5-8 LF rock over RF(5), RF recover(6), LF step big side(7), RF drag(8)

[Sec.2] BACK ROCK, RECOVER, FORWARD, PIVOT ½L, FORWARD, ¼R SWEEP, CROSS, SIDE

1-4 RF rock back(1), LF recover(2), RF step fwd(3), LF pivot ½L(4)6.00
5-8 RF step fwd(5), LF ¼ turn R sweeping fwd(6)9.00, LF cross over RF(7), RF step side(8)9.00

[Sec.3] BACK ROCK, ¼R BACKWARD, ¼R SIDE, HIPS CIRCLE FULL TURN L to R to L

1-4 LF rock back(1), RF recover(2), LF ½ turn R stepping bwd(3)3.00, RF ¼ turn R stepping side(4)6.00
5-8 Hips circle full turn & Stretch your arms forward with your hands overlapped (5-8)

[Sec.4] R/L FULL ROLLING TURN

1-4 RF ¼ turn R stepping forward(1)9.00, LF ½ turn R stepping backward(2)3.00, RF ¼ turn R stepping side(3)6.00, LF point side(4)
5-8 LF ¼ turn L stepping forward(5)3.00, RF ½ turn L stepping backward(6)9.00, LF ¼ turn L stepping side(7)6.00, RF point beside LF(8)

PART B

[Sec.1] R/L CROSS ROCK, SIDE SHUFFLE

1-4 RF rock over LF(1), RF recover(2),
3&4 RF step side(3), LF step beside RF(&), LF step side(4)
56 LF rock over RF(5), RF recover(6)
7&8 LF step side(7), RF step beside LF(&), LF step side(8) 12.00

[Sec.2] R/L FORWARD ROCK, SIDE SHUFFLE

1-4 RF rock fwd(1), RF recover(2),
3&4 RF ¼ turn R stepping side(3)3.00, LF step beside RF(&), LF step side(4)
56 LF rock fwd(5), RF recover(6)
7&8 LF step side(7), RF step beside LF(&), LF step side(8)3.00

[Sec.3] JAZZ BOX, ¼R JAZZ BOX

1-4 RF cross over LF(1), LF step backward(2), RF step side(3), LF step forward(4)
5-8 RF cross over LF(5), LF ¼ turn R stepping backward(6)6.00, RF step side(7), LF step forward(8)6.00

[Sec.4] SIDE ROCK, ¼L SIDE ROCK ×2, BALANCE STEP

1-4 RF rock side(1), LF recover(2), RF ¼L rocking side(3)3.00, LF recover(4)
5-8 RF ¼L rocking side(5)12.00, LF recover(6), RF step beside LF(7), LF recover(8)12.00

※Onnurim Contact:

Homepage; <https://oklinedance.com/>

[1]. hani3756@gmail.com

[2]. <https://m.blog.naver.com/jsh3756>

[3]. <https://www.facebook.com/suny.jung.5>

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