

Mu La La

拍数: 32 墙数: 2 级数: Improver
编舞者: Dee Musk (UK), Shelly Guichard (UK) & Kate Sala (UK) - February 2024
音乐: Ooh La La - Hunter Falls



Start on vocals

Step forward On Right, Side Touch Left, Step Forward On Left, Side Touch Right, Rocking Chair.

- 1 2 Step forward on R. Touch L out to left side.
- 3 4 Step forward on L. Touch R out to right side.
- 5 6 Rock forward on R. Recover on to L.
- 7 8 Rock back on R. Recover on to L (Restart from here during wall 4)

Cross Step, Diagonal Back, Side x 2, Walk Forward x 2, Shuffle Forward.

- 1 2 & Cross step R over L. Small step back on L to left diagonal. Small step on R to right side.
- 3 4 & Cross step L over R. Small step back on R to right diagonal. Small step on L to left side.
- 5 6 Step forward on R. Step forward on L.
- 7 & 8 Step forward on R. Step L next to R. Step forward on R

Touch L Forward With Hip Bumps, Turn 1/4 Right With Hip Bumps.

- 1 & 2 Touch L slightly forward pushing hips forward, back, Forward transferring weight on to L.
- 3 & 4 Turn 1/4 right stepping down on R pushing hips, Right, Left, Right. 3:00

Touch L Forward With Hip Bumps, Turn 1/4 Right With Hip Bumps.

- 5 & 6 Touch L slightly forward pushing hips forward, back, Forward transferring weight on to L.
- 7 & 8 Turn 1/4 right stepping down on R pushing hips, Right, Left, Right. 6:00

Cross Step, Side Step, Behind & Cross, Side Rock Right, Recover, Ball Step Side Left, Touch In.

- 1 2 Cross step L over R. Step R to right side.
- 3 & 4 Cross step L behind R. Step R to right side. Cross step L over R.
- 5 6 Side rock on R out to right side. Recover on to L.
- & 7 8 Step ball of R next to L. Step L to left side. Touch R next to L.

TAG: End of wall 1 and end of wall 5

Jump Out Out, Hold x 3, Turn 1/4 Left Stepping Out, Out, Hold x 3.

- & 1 Step out on R to right side. Step out on L to left side.
- 2 - 4 Hold for 3 counts.
- & 5 Turn 1/4 left Stepping out on R to right side. Step out on L to left side
- 6 - 8 Hold for 3 counts.

V Step, Step Pivot 1/2 Turn Left, Step Pivot 1/4 Left.

- 1 - 4 Step R forward to right diagonal. Step L to left side. Step R back to centre. Step L next to R.
- 5 6 Step forward on R. Pivot 1/2 turn left.
- 7 8 Step forward on R. Pivot 1/4 turn left.

Add these extra 4 counts the second time you dance the tag.

- 1 - 4 Step R forward to right diagonal. Step L to left side. Step R back to centre. Step L next to R.