

La La Feelgud

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) - June 2024
音乐: La La (Feelgud Remix) - The Cab



Count In: Dance begins 16 counts from start of track, dance starts on vocals

Notes: 2 tags at the end of walls 1 and 3, 2 restarts during 2nd wall and 5th wall

[1 – 8] L HEEL GRIND MAKING 1/4 TURN LEFT, L COASTER STEP, R EXTENDED SHUFFLE, 1/4 PIVOT LEFT

1 2 Dig L heel forward taking weight [1] Make 1/4 turn left grinding heel into floor as you step R back [2] 9:00
3 & 4 Step L back [3] Step R next to L [&] Step L forward [4] 9:00
5 & 6 & Step R forward [5] Step L next to R [&] Step R forward [6] Step L next to R [&] 9:00
7 8 Step R forward [7] Pivot 1/4 turn left (weight ends L) for styling release R leg into a sweep [8] 6:00

[9 – 16] R CROSS, L BACK, R BALL, L CROSS, R BACK, L BALL, R CROSS, L SIDE, TWISTS L-R-L WITH 1/4 TURN RIGHT HITCHING R

1 2 & Cross R over L [1] Step L to left & slightly back [2] Step ball of R in place [&] 6:00
3 4 & Cross L over R [3] Step R to right & slightly back [4] Step ball of L in place [&] 6:00
5 6 Cross R over L [5] Step L to left [6] 6:00
7 & 8 Twist both heels left [7] Twist both heels right [&] Make 1/4 turn right twisting both heels left hitching R knee [8] 9:00

[17 – 24] R FWD ROCK, R BALL, WALK L-R, HEEL SWITCH L-R, L FWD, KNEE POP

12&34 Rock R forward [1] Recover weight L [2] Step ball of R next to L [&] Step L forward [3] Step R forward [4] 9:00
5&6& Touch L heel forward [5] Step L next to R [&] Touch R heel forward [6] Step R next to L [&] 9:00
7 Step L forward (weight remains mainly on R) [7] 9:00
& 8 Raise both heels up popping knees forward [&] Return both heels to floor transferring weight to R [8] 9:00

[25 – 32] WALK (MARCH) BACK L-R, L TOUCH BACK, 1/2 TURN L, R FWD, 1/4 PIVOT L, R CROSS, L POINT

1 2 3 4 Step L back [1] Step R back [2] Touch L back [3] Make 1/2 turn left taking weight L [4]
Styling: "Marching" strong steps using arms to march back (L arm fwd 1, R arm fwd 2, L arm fwd 3, R arm fwd 4) 3:00
5 6 7 8 Step R forward [5] Pivot 1/4 turn left [6] Cross R over L [7] Point L to left [8] styling: Diva snap R arm on 8 12:00

RESTART 2nd wall & 5th wall restart the dance here - both times you begin the wall facing 6:00 and restart facing 6:00

[33 – 40] L CROSS, R SIDE, L BEHIND, R SIDE, L CROSS, R SIDE, HEEL SWIVEL L-R, L BALL, R CROSS

1 2 3 & 4 Cross L over R [1] Step R to right [2] Cross L behind R [3] Step R to right [&] Cross L over R [4] 12:00
5 & 6 Step R to right [5] Swivel L heel in towards R [&] Return L heel to place [6] 12:00
& 7 & 8 Swivel R heel in towards L [&] Return R heel to place [7] Step in place on ball of L [&] Cross R over L [8] 12:00

[41 – 48] L SIDE, R BEHIND, L BALL, R CROSS, L SIDE, 1/2 SAILOR STEP R, BIG STEP L, R TOUCH

1 2 & 3 4 Step L to left [1] Cross R behind L [2] Step ball of L to left [&] Cross R over L [3] Step L to left [4] 12:00

- 5 & 6 Cross R behind L [5] Step L next to R as you make 1/4 turn right [&] Make 1/4 turn right as you cross R over L [6] 6:00
- 7 8 Step L a big step to left [7] Touch R next to L [8] 6:00

[49 – 56] R DIAGONAL SHUFFLE, SKATE L, SKATE R WITH 1/8 TURN R, L CROSS, R BACK, L CROSS, R BACK (WITH HEAD LOOK & SNAP)

- 1 & 2 Step R to right diagonal [1] Step L next to R [&] Step R to right diagonal [2] 6:00
- 3 4 Step L to left diagonal (swiveling on R) [3] Step R to right diagonal (swiveling on L) making 1/8 turn right [4] 6:00
- 5 6 Cross L over R [5] Step R back looking to 12:00 snapping fingers [6] 6:00
- 7 8 Cross L over R [7] Step R back looking to 12:00 snapping fingers [8] 6:00

[57 – 64] L CROSS, 1/8 TURN LEFT STEPPING R BACK, 1/2 TURN LEFT SHUFFLE, R FWD, 1/2 PIVOT L, R MAMBO WITH HIP PUSH

- 1 2 Cross L over R [1] Make 1/8 turn left stepping R back [2] 6:00
- 3 & 4 Make 1/4 turn left stepping L to L [3] Step R next to L [&] Make 1/4 turn left stepping L forward [4] 12:00
- 5 6 Step R forward [5] Pivot 1/2 turn left (weight ends L) [6] 6:00
- 7 & 8 Rock R forward [7] recover weight L [&] Step R next to left pushing hips back [8] 6:00

***TAG AT THE END OF WALL 1 (FACING 6:00) AND WALL 3 (FACING 12:00) DO THE FOLLOWING 8 COUNTS**

***4 WALKS MAKING FULL TURNING CIRCLE LEFT, 4 WALKS FORWARD RAISING ARMS UP**

- 1 2 3 4 Make a full turn left walking round in a circle L-R-L-R
- 5 6 7 8 Walk forward L-R-L-R (styling option to raise both arms up during these 4 counts)

START AGAIN ☺ HAVE FUN
