

Hey Lola...Lola

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Anggia Ridjal (INA) & Happy Bee (INA) - October 2024
音乐: Hey Lola / Hey Mambo / Complete Remix / Zumba / ILTD



Tag : After Wall 1 (8 Count)

Intro : Dance begin on Lyric " Hey"

Section 1 : Side Rock, Weave

1 2 Rock RF To R (1), Recover Onto LF (2)
3&4 Step RF Back(3), Step LF To L (&), Cros RF Over LF (4)
5 6 Rock LF to L (5), Recover Onto RF (6)
7&8 Step LF Back (7), Step RF To R (&), Cross LF Over RF (8)

Section 2 : Walk, Cross Shuffle, Pivot

1 2 Walk Fwd RF (1) / LF (2)
3&4 Turning 1/4 R Crossing RF over LF (3), Step LF to L (&), Cross RF Over LF (4) (03:00)
5&6 Turn 1/4 L Steping LF Fwd (5) (12:00), Closed RF Next to LF Turning (&), Cross LF Over RF
Turning 1/4 L (09:00]
7 8 Step RF Fwd Turning 1/4 R (7) (12:00), Turn 1/2 L Weight on LF (8) (06:00)

Section 3 : Step Lock, Lock Shuffle Forward

1 2 Step RF Fwd Turning 1/8 R (1), Step LF Behind RF (2) (07:30)
3&4 Step RF Fwd(3),Step LF Behind RF (&), Step RF Fwd (4)
5 6 Step LF Fwd Turning 1/4 L (5), Step RF Behind LF (6) (04:30)
7&8 Step LF Fwd(7),Step RF Behind LF (&), Step LF Fwd (8)

Section 4 : Pivot Turn, Forward, Sway

1 2 3 4 Step RF Fwd Turning 1/8 R (1), Turn 1/2 L Weight on LF (2) (03:00), Step RF Fwd (3), Turn 1/4
L Weight on LF (4) (09:00)
5 6 7 8 Step RF Fwd Turning 1/8 R and Sway R Hips to R (5) Sway L Hips to L/R/L

To Begin Dance Turn 1/8 R

Tag : Side Rock, Recover

1 2 3 4 Rock RF to R Swaying R Hips to R (1), Recover on LF Swaying L Hips to L(2), Recover on
RF Swaying R Hips to R (3), Recover on LF Swaying L Hips to L (4)
5 6 7 8 Recover on RF Swaying R Hips to Sid5), Recover on LF Swaying L Hips to L(6), Recover on
RF Swaying R Hips to R (7), Recover on LF Swaying L Hips to L (8)

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Enjoy the dance