

# 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**