

Shalala

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Shalala Lala (Hit Radio Mix) - Vengaboys



RUNNING MAN

1 Stomp right forward
& Scoot back on right hitching left
2 Stomp left forward
& Scoot back on left hitching right
3&4& Repeat steps 1&2&

Alternate steps

1-4 Right & left toe/heel struts

RIGHT&LEFT HIPS&SHUFFLE TURNS

5&6 Step right forward bumping hips twice
7&8 Step left forward bumping hips twice
9&10 Make ½ turn left stepping right, left, right
11&12 Make ½ turn left stepping left, right, left

MASH POTATO STEPS

13& Split heels, close with right behind left
14& Split heels, close with left behind right.
15&16& Repeat steps 13&14&

Alternate steps

13-16 Stroll back right, left, right, left

TOE TOUCHES&SAILOR STEPS

17-18 Touch right toe forward, touch to side
19&20 Cross right behind left, step left to left, step right to right
21-24 Repeat steps 17-20 leading with left

PIVOT ½, ¾, RIGHT & LEFT MAMBO ROCKS

25-26 Step right forward, pivot ½ turn left
27-28 Step right forward, pivot ¾ turn left
29&30 Rock right to right, recover on left, step right beside left
31&32 Rock left to left, recover on right, step left beside right

REPEAT

TAG

After sixth repetition

STEP ½ PIVOTS, MAMBO ROCKS TWICE

1-4 Step right forward, pivot ½ turn left twice
5&6 Rock right forward, recover on left, step right beside left
7&8 Rock left back, recover on right, step left beside right
9-16 Repeat 1-8 of tag