

# Lola Lola

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Chad Manson (UK)  
音乐: Lola, Lola - Ricky Martin



## 32 counts intro, start on vocals

### FORWARD MAMBO, BACK MAMBO 1/4R TWIST, CROSS SHUFFLE, 1/2 L TWIST CROSS SHUFFLE

1&2      Rock right forward, recover onto left, step right beside left  
3&4      Rock left back, recover onto right, step left beside right  
5&6      While making a 1/4 turn to right, cross right over left, step left to left, cross right over left  
&7&8      Twist 1/2 left, cross left over right, step right to right, cross left over right

### RIGHT HEEL & TOE, DIAGONAL SHUFFLE, LEFT HEEL & TOE, DIAGONAL SHUFFLE

1&      Dig right heel diagonally forward right, recover back onto left  
2&      Step diagonally back on ball of right, recover forward onto left  
3&4      Step forward right diagonally, step left beside right, step forward right diagonally  
5-8      Repeat on left foot

### FORWARD SAMBA, 1/4 R BACK SAMBA, FORWARD SAMBA, 1/4 R BACK SAMBA

1&2      Step right forward, step left beside right, step right in place  
3&4      Step left back, step right beside left, making 1/4 turn right, step left in place  
5&6      Step right forward, step left beside right, step right in place  
7&8      Step left back, step right beside left, making 1/4 turn right step left in place

### FULL RIGHT SPOT VOLTA TURN, 3/4 LEFT SPOT VOLTA TURN

1&      Execute 1/4 turn right and step right forward, step onto ball of left in place  
2&      Execute 1/4 turn right and step right forward, step onto ball of left in place  
3&      Execute 1/4 turn right and step right forward, step onto ball of left in place  
4      Execute 1/4 turn and step on right  
5&      Execute 1/4 turn left and step left forward, step onto ball of right in place  
6&      Execute 1/4 turn left and step left forward, step onto ball of right in place  
7&      Execute 1/4 turn left and step left forward, step onto ball of right in place  
8      Step left forward

### SAMBA WHISK, 3/4 RIGHT CURVATURE TRAVELING VOLTAS

1&2      Step right to right, step left behind right, step right in place  
3&4      Step left to left, step right behind left, step left in place  
5&6&      Cross right over left, step left to left, Cross right over left, step left to left  
7&8      Cross right over left, step left to left, Cross right over left

### SAMBA WHISK, 3/4 LEFT CURVATURE TRAVELING VOLTAS

1&2      Step left to left, step right behind left, step left in place  
3&4      Step right to right, step left behind right, step right in place  
5&6&      Cross left over right, step right to right, Cross left over right, step right to right  
7&8      Cross left over right, step right to right, Cross left over right

### 1/4R OUT OUT, HIP BOUNCES, FLICK, WEAVE TO LEFT, 1/4 L FORWARD

1-2      Making 1/4 turn right step right forward diagonally, step left forward diagonally  
&3&4      Raise right hip up, return to left, Raise right hip up, return to left (weight on left during bumps)  
&      Small flick right to right  
5&6&      Cross right behind left, step left to left, cross right over left, step left to left  
7&8      Cross right behind left, making 1/4 turn left step left forward, step right forward

#### **4-COUNTS SAMBA ROLL, SYNCOPATED FORWARD, SHUFFLE**

1-2&3 Stepping left, right, left, right, left, right commence a full turn left with body roll traveling  
4& forward (samba roll)

Alternate steps: Do a 4 count full turn left traveling forward. Step left (1), right (2), left (3), right (4) on each individual count

5&6& Step left forward, lock right behind left, Step left forward, lock right behind left,

7&8 Step left forward, lock right behind left, Step left forward

**START DANCE AGAIN**

**RESTART:** On wall 2, dance to count 48, then restart dance.

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