

Sha La La Cha Cha

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Milo Eve (NL) - April 2009
音乐: Shalala Lala - Vengaboys



Sequence: (32)-32-32-32-32-32-16-32-32-32-32-32-(8).

Tag: End of wall 6 (start at 06.00 and end at 06.00).

Info: intro 32 count / outro 8 count.

Start at 12.00

Rock left, cross shuffle right, cross over, cross over, step bwd and drag back.

1-2 LF step left, RF recover weight
3&4 LF cross over RF, RF close, LF cross over RF
5-6 RF cross over LF, LF cross over RF
7-8 RF step bwd, LF drag back next to RF

at 12.00

Monterey ½ right (2 counts), rock left, cross over, step right, cross behind, sweep, cross behind.

9-10 RF tap toe right, ½ turn right, RF step next to LF
11&12 LF step left, RF recover weight, LF cross over RF
13-14 RF step right, LF cross behind RF
15-16 RF sweep (½ circle), RF cross behind LF

at 06.00

Figure of eight (¼ turn right at the beginning of count 24).

17-18 LF step left, RF cross behind
19-20 ¼ turn left, LF step fwd, ¼ turn left, RF step right
21-22 ¼ turn left, LF step fwd, ¼ turn left, RF step right
23-24 LF cross behind RF, ¼ turn right, RF step fwd

at 09.00

Shuffle ½ right, rock bwd, shuffle ½ left, rock bwd.

25 ¼ turn right, LF step left
& RF close
26 ¼ turn right, LF step bwd
27-28 RF step bwd, LF recover weight
29 ¼ turn left, RF step right
& LF close
30 ¼ turn left, RF step bwd
31-32 LF step bwd, RF recover weight

End at 09.00

Tag:

Start at 06.00

3x skate fwd, 3x skate bwd, rock bwd.
1& LF step left and fwd, RF close
2& RF step right and fwd, LF close
3& LF step left and fwd, RF close
4& RF step right and bwd, LF close
5& LF step left and bwd, RF close
6 RF step right and bwd
7-8 LF step bwd, RF recover weight

at 06.00

Shuffle fwd, low jazz box (2 counts), shuffle bwd, rock bwd.

9&10 LF step fwd, RF close, LF step fwd

11 RF cross over LF (get down)

12 LF step bwd (get up again)

13&14 RF step bwd, LF close, RF step bwd

15-16 LF step bwd, RF recover weight

End at 06.00
