

Encore La La

拍数: 128 墙数: 0 级数: Phrased Intermediate
编舞者: Tina Chen Sue-Huei (TW) - February 2013
音乐: Encore La La by Guo jing



Start dance on 16 Counts Intro. - Dance Sequence: TagA(4)B/A(4)B/BA(32)

Choreographer's note : Hand-styling refer to my video.

Tag(8) = 2X : (1-8) Jump to R on R, Hitch on L and clap on RL – LR – RL – LR

Part (A) (64 Counts)

Side Step and Touch Beside

1-8 Side R, L touch beside, Side L, R touch beside on RL – LR – RL – LR

Side, Behind, Side, Heel Switches

1-4 Side R, L behind, Side R, L heel fwd

5-8 Step L home, R heel fwd, step R home, L heel fwd

Mirror Steps of Section (I) Part (A)

Mirror Steps of Section (II) Part (A)

Bend Knees And Push Back

1-4 Step R together, on both feet and facing diagonally L, bend knees and push back

5-8 Turn facing diagonally R, on both feet, bend knees and push back

Rocking Chair, Step Turn Step

1-4 Facing 12.00, Rock R fwd, Recover on L, Rock R back, Recover on L

5-6 Step R fwd, ¼ turn L

7-8 Step R fwd, ½ turn L

Repeat Section (V.) Part (A)

Repeat Section (VI.) Part (A)

Tag (4) (12.00) : (1-4) Step R to R, Touch L beside R, Step L to L, Touch R beside L

Part (B) (64 Counts)

Side Step and Touch Beside

1-8 Side R and L touch beside, Side L and R touch beside on RL – LR – RL – LR

Step Fwd, Shimmy, Step Together, Wriggle

1-4 Step R fwd with knees bent, shimmy shoulders on 3 counts

5-8 Step R home, on both feet wriggle on 3 counts

Bouncing Steps Turn ¼ L in Circle

1-8 Bouncing on both heels turn ¼ L in circle (9.00)

Kick Step And Kick Step

1-8 Kick R fwd, Step R home, Kick L fwd, Step L home on RR – LL – RR – LL

Paddle Turn ½ L With Hip Rolls

1-8 Step on R, 1/8 turn L (4X) with hip rolls (3.00)

Body Roll, Bend Down And Straighten Up

1-4 Step L fwd and body roll fwd backward

5-8 Bend down at waist, hands touching sides, draw up hands by sides as you straighten up.
Turn to face (12.00) on count 8.

Side Touch, Side Touch, Paddle Full Turn R

1-4 Side R, L touch beside, Side L, R touch beside on RL - LR

5-8 Paddle full turn R on RLRLRLR (12.00)

Mirror Steps of Section (VII.) Part (B)

Start Again.

Have fun !

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