

My Lola

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Amy Christian (USA) & Scott Schrank (USA) - February 2013
音乐: Lola - MIKA : (CD: The Origin Of Love - iTunes)



Start: 32 count Intro On Vocal (16 Seconds In)

Phrasing: 32-Tag-32-32-Tag- 32-32-32-Restart after 16 Counts-32-32-Tag X5

[1-8] SIDE, CLOSE, R COASTER STEP, ROCK FWD, RECOVER, TRIPLE 1/2

1-2 Step R foot to right side (1), Step L foot next to R foot (2)
3&4 Step R foot back (3), Step L foot next to R foot (&), Step R foot forward (4)
5-6 Rock forward on L (5), Recover weight to R foot ((6)
7&8 Triple step making 1/2 turn left (L-R-L) (6:00)

[9-16] ROCK FWD, RECOVER, 3/4 SAILOR CROSS, SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS

1-2 Rock forward on R foot (1), Recover weight to L foot (2)
3&4 3/4 Sailor step crossing R foot over L foot (3&4) (3:00)
5-6 Side rock L foot to left side (5), Recover weight to R foot (6)
7&8 Step L foot behind R foot (7), Step R foot to right (&), Cross L foot over R foot (8)

*****Restart happens here**

[17-24] SIDE, BEHIND, ROCK-RECOVER-BACK, 1/4 TURN, STEP, BUMP & BUMP

1-2 Step R foot right (1), Step L foot behind R foot (2),
3&4 Rock R foot right (3), Recover weight to L foot (&), Step R foot behind L foot (4)
5-6 Step L foot forward while making 1/4 turn left (5), Step R foot forward (6) (12:00)
7&8 Bump hips over L foot while stepping L foot forward (7), Bump hips back over R foot (&),
Bump hips over L foot (8) (Weight the L foot) (12:00)

[25-32] STEP, PIVOT 1/4, CROSS-RECOVER-SIDE, STEP, PIVOT 1/2, HOLD-BALL-CROSS

1-2 Step R foot forward (1), Pivot 1/4 turn left on balls of both feet (2) (Weight the L foot) (9:00)
3&4 Cross rock R foot over L foot (3), Recover weight back to L foot (&), Replace R foot next to L
foot (4)
5-6 Step L foot forward (5), Pivot 1/2 turn right on balls of both feet (6) (Leave weight on L foot)
(3:00)
7&8 Hold (7), Step ball of R foot back (&), Cross step L foot over R foot (8)

Tag – 16 Counts (Note: Wall directions are only for the first time you do the Tag)

[1-8] OUT, OUT BACK, TOUCH FWD, FWD BODY ROLL, LEFT HIP POP

1-4 Step R foot to right (1), Step L foot to left (2), Step R foot back (3), Touch L toes forward (4)
(3:00)
5-7 Forward body roll into a "Sit" position and angled to 4:00
&8 Lift L hip up (&), Drop L hip down (8) (Weight is still on R foot)

[9-16] ROCK FWD, RECOVER, OUT, OUT, CCW HIP ROLL, 1/4 TURN BALL CROSS

1-2 Rock forward on L foot (1), Recover weight back on R foot (2)
3-4 Step L foot to left side (3), Step R foot out to right side (4)
5-7 Do 1-1/2 CCW Hip Roll starting from R hip and end on L hip
&8 Do 1/4 turn left stepping in on ball of R foot (&), Cross L foot over R foot (8) (12:00)

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