

La La La!!

COPPER **NOB**
BY STEPHEN

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Alexis Strong (UK) - February 2014
音乐: La La La (feat. Sam Smith) - Naughty Boy



INTRO- RIGHT SIDE ROCK TOGETHER, LEFT SIDE ROCK TOGETHER, RIGHT HEEL GRIND ¼ TURN, RIGHT ROCK BACK RECOVER.

(DANCE THIS 4 TIMES TO FACE THE FRONT MAKING A FULL TURN, THEN START DANCE)

1&2 Rock R To R Side (1) Recover Back Onto L (&) Step R Together (2)
3&4 Rock L To L Side (3) Recover Back Onto R (&) Step L Together (4)
5-6 R Heel Forward, Grind ¼ R (5) Step Onto L (6)
7-8 Rock R Back (7) Recover Forward Onto L (8)

(Arm movements- Swing Arms Down And Up, Click when bringing arms up on counts 1&2/3&4)

[1-8] RIGHT FORWARD ½ TURN, ½ TURN RIGHT SHUFFLE, LEFT FORWARD ½ TURN, ½ TURN LEFT SHUFFLE.

1-2 Step Forward On R (1) Making ½ Turn R Step On L (2)
3&4 Making ½ Turn R Step On R (3) Step L Together (&) Step R Forward (4)
5-6 Step Forward On L (5) Making ½ Turn L Step On R
7&8 Making ½ Turn L Step On L (7) Step R Together (&) Step L Forward (8) (End Facing 12.O.Clock))

[9-16] FORWARD RIGHT ROCK RECOVER, BACK RIGHT SHUFFLE, STEP LEFT BACK ¼ TURN RIGHT, CROSS LEFT SHUFFLE.

1-2 Rock Forward On R (1) Recover Back Onto L (2)
3&4 Step R Back (3) Step L Together (&) Step R Back (4)
5-6 Step Back On L (5) Making ¼ R Step On R (6)
7&8 Cross L Over R (7) Step R To R Side (&) Cross L Over R (8) (End Facing 3.O.Clock).

[17-24] POINT RIGHT AND LEFT, RIGHT HEEL LEFT HEEL, AND RIGHT SCUFF CROSS, LEFT BACK, RIGHT BACK, LEFT CROSS.

1&2 Point R To R Side (1) Step R Together (&) Point L To L Side (2)
&3&4 Step L Together (&) Right Heel Forward (3) Step R Down (&) Left Heel Forward (4)
&5-6 Step L Down (&) Scuff R Over L (5) Step Onto R (6)
7&8 Step Back Onto L (7) Step Back Onto R (7) Cross L Over R (8) (End Facing 3.O.Clock).

[25-32] STEP ¼ R, ½ TURN ONTO LEFT, ½ TURN WALK RIGHT, WALK LEFT, BACK RIGHT SHUFFLE, LEFT BACK TOE ½ TURN.

1-2 Step ¼ R Onto R (1) Making ½ R Step Onto L (2)
3-4 Making ½ R Step Onto R (3) Step Forward On L (4)
5&6 Step Back Onto R (5) Step L Together (&) Step Back Onto R (6)
7-8 Point L Toe Back (7) Making ½ L Step Onto L (8) (End facing 12.O.Clock)

[33-40] RIGHT SIDE ROCK TOGETHER CLICK, LEFT SIDE ROCK TOGETHER CLICK, RIGHT HEEL GRIND ¼ TURN, RIGHT ROCK BACK RECOVER.

1&2 Rock R To R Side (1) Recover Back Onto L (&) Cross Step R Over L Click Fingers (2)
3&4 Rock L To L Side (3) Recover Back Onto R (&) Cross L Over R Click Fingers (4)
5-6 R Heel Forward, Grind ¼ R (5) Step Onto L (6) 7-8 Rock R Back (7) Recover Forward Onto L (8)

(End Facing 3.O.Clock) (Arm movements- Swing Arms Down And Up, Click when bringing arms up on counts 1&2/3&4)

[41-48] RIGHT SIDE ROCK CROSS CLICK, LEFT SIDE ROCK CROSS CLICK, RIGHT HEEL GRIND ¼

TURN, RIGHT ROCK BACK RECOVER.

- 1&2 Rock R To R Side (1) Recover Back Onto L (&) Cross Step R Over L Click Fingers (2)
3&4 Rock L To L Side (3) Recover Back Onto R (&) Cross L Over R Click Fingers (4)
5-6 R Heel Forward, Grind $\frac{1}{4}$ R (5) Step Onto L (6)
7-8 Rock R Back (7) Recover Forward Onto L (8)

(End Facing 6.O.Clock) (Arm movements- Swing Arms Down And Up, Click when bringing arms up on counts 1&2/3&4)

[49-56] FULL TURN, FORWARD RIGHT SHUFFLE, LEFT FORWARD ROCK RECOVER, STEP LEFT BACK, $\frac{1}{4}$ ONTO RIGHT.

- 1-2 Making $\frac{1}{2}$ Turn Step Onto R (1) Making $\frac{1}{2}$ Turn L Step Onto L (2)
3&4 Step Forward Onto R (3) Step L Together (&) Step R Forward (4)
5-6 Rock Forward L (5) Recover Back Onto R (6)
7-8 Step L Back (7) Making $\frac{1}{4}$ Turn R, Step Onto R (8)

(End Facing 9.O.Clock)

[57-64] CROSS LEFT SHUFFLE, STEP $\frac{1}{2}$ TURN, CROSS FULL TURN BOUNCE, BOUNCE, BOUNCE.

- 1&2 Cross L Over R (1) Step R To R Side (&) Cross L Over R (2)
3-4 Step R To R Side (3) Step $\frac{1}{2}$ Turn L Onto L (4)
5,6,7,8 Cross R Over L Making $\frac{1}{4}$ L (5) Unwind $\frac{1}{4}$ L, Bounce (6) Unwind $\frac{1}{4}$ L, Bounce (7) Unwind $\frac{1}{4}$ L, Bounce (8)

(End Facing 3.O.Clock)

Wall 5, Dance The Dance Up To Count 32, RESTART

Wall 6, Dance The Dance Up To Count 32, RESTART

End of Wall 7, Unwind 1 and $\frac{1}{4}$ To Face The Front, Step Forward R And Pose.

ENJOY!!

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