

La La La

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: K. Sholes (USA) - May 2014
音乐: La La La (feat. Sam Smith) - Naughty Boy



Sequence: A B B B A B B B A *A B B A

Part A - 32 counts

Tap, 1/4 turn, Tap, Step, Hip Bumps (Cover ears during hip bumps)

1 2 3 4 Tap R toe forward, Step R 1/4 turn left, Tap L toe forward, Step down on L.

5 6 7 8 Bump hips R,L,R,L.

Repeat above 8 count 3 more times

*Tag on 4th A facing 12:00

Part B - 32 counts

Step, Hold, Chase, Rock, Recover, Step, Cross Cha Cha

1 2 &3 4 Step R to side(1) Hold(2) Step L next to R(&) Step R to side(3) Rock L across R(4)

5 6 7&8 Recover R, Step L to side, Cross R over L, Step L to side, Cross R over L.

1/4 Turn step, Hold, Chase, Step, Side touch, Cross touch, Side step, Hip bumps

1 2 &3 4 Step L 1/4 left(1) Hold(2) Step R next to L(&) Step L forward(3) Step R forward(4)

5 6 7&8 Touch L toe to side, Touch L toe across R, Step L to side, Bump hips R,L.

Cross-weave, 1/4 turn sweep, Step, Sweep

1 2 3 4 Cross R over L, Step L to side, Step R behind L, Step L to side.

5 6 7 8 Cross R over L turning 1/4 to left, Sweep L forward, Step L across R, Sweep R forward.

Step, 1/4 spin, Step, 1/4 spin, Cross step, Hold, Chase, Rock

1 2 3 4 Step R across L, Lift L knee spinning 1/4 to right on ball of R foot, Step L across R, Lift R knee spinning 1/4 to left on ball of L foot.

5 6 &7 8 Step R across L, Hold, Step L next to R, Step R forward, Rock back L.

Begin Again! Enjoy!

*Tag: Do Part A in reverse (to right) with same steps 1

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