

Dare La La La

拍数: 72 墙数: 0 级数: Phrased Intermediate
编舞者: Materne Georgette (FR) - June 2014
音乐: Dare (La La La) - Shakira



Sequence : A-A-A-A-B-B-C-A-A-B-B-C-B*-C-A-A-A-A

PART A - 8 counts

ROCK SIDE, CROSS, ROCK SIDE CROSS, HIP BUMP FORWARD, HIP BUMP ¼ TURN L

1&2 RF rock side R, LF recover, RF cross over LF
3&4 LF rock side L, RF recover, LF cross over RF
5-6 RF step forward, RF hips bump forward
7-8 LF step forward ¼ turn L, LF hips bump forward

PART B - 32 counts

PRESSY WALK R&L, LOCK STEP FORWARD, PRESSY WALK L&R, LOCK STEP FORWARD

1-2 RF step forward , LF step forward
3&4 RF step forward, LF cross behind to RF, RF step forward
5-6 LF step forward, RF step forward
7&8 LF step forward, RF cross behind to LF, LF step forward

¼ TURN L, CROSS SHUFFLE, ROCK SIDE L, SAILOR STEP ¼ TURN L

1-2 RF step forward, ¼ turn left
3&4 RF cross over LF, LF step side L, RF cross over LF
5-6 LF rock side L, RF recover
7&8 LF cross behind, RF step side right ¼ turn L, LF step side L

PRESSY WALK R&L, LOCK STEP FORWARD, PRESSY WALK L&R, LOCK STEP FORWARD

1-2 RF step forward , LF step forward
3&4 RF step forward, LF cross behind to RF, RF step forward
5-6 LF step forward, RF step forward
7&8 LF step forward, RF cross behind to LF, LF step forward

¼ TURN L, CROSS SHUFFLE, ROCK SIDE L, SAILOR STEP ¼ TURN L

1-2 RF step forward, ¼ turn left
3&4 RF cross over LF, LF step side L, RF cross over LF
5-6 LF rock side L, RF recover
7&8 LF cross behind, RF step side right ¼ turn L, LF step side L

PART B*

Part B: 1 -16 counts

PART C - 32 counts

CROSS SAMBA, CROSS SAMBA, ROCK FORWARD , ROCK BACKWARDS SYNCOPATED

1&2 RF cross over LF, LF step side L, RF step side R
3&4 LF cross over R, RF step side R, LF step side L
5&6&& RF rock forward diagonally L, LF recover, RF rock backward diagonally , LF recover
7&8 RF rock forward diagonally L, LF recover, RF next to LF

CROSS SAMBA, CROSS SAMBA, ROCK FORWARD , ROCK BACKWARDS WITH ¼ TURN L SYNCOPATED

1&2 LF cross over R, RF step side R, LF step side L
3&4 RF cross over LF, LF step side L, RF step side R

5&6& LF Rock forward diagonally R, RF recover, LF rock Backwards diagonally,, RF recover
7&8 LF rock forward diagonally R, RF recover, LF step forward ¼ turn left

SIDE, TOGHETER, CHASSE R, ROCK FORWARD, ROCK BACKWARD SYNCOPATED ¼ TURN L

1-2 RF step side R,LF step next to RF

3&4 RF step side R, LF next to RF, RF step side R

5&6& LF Rock forward diagonally R, RF recover, LF rock Backwards diagonally,, RF recover

7&8 LF rock forward diagonally R, RF recover, LF step forward ¼ turn left

SAMBA SHUFFLE FORWARD, ½ TURN SAMBA SHUFFLE FORWARD

1&2&3&4 RF step forward, LF behind, RF step forward, LF behind, RF step forward, LF behind

5&6&7&8 LF step forward ½ turn left, RF behind, LF step forward, RF behind, LF step forward, RF behind, LF step forward
