

# 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

---