

La La La Brazil 2014

COPPER **NOB**
STEPSHEETS

拍数: 0 墙数: 2 级数: Phrased Improver
编舞者: Wendy Loh (MY) - June 2014
音乐: La La La (Brazil 2014) (feat. Carlinhos Brown) - Shakira



Sequence : INTRO ABCD AbCD AD TAG AB
Dance starts immediately when music starts

INTRO : Step-Toe Switches

1234 Hold at ready position - Touch RF beside LF
5678 Step RF down in place & Touch LF (5), Step LF in place & Touch RF (6), Step R heel in place twice & Touch LF beside RF (7,8)

1234 Step LF in place & Touch RF (1), Step RF in place & Touch LF (2), Step L heel in place twice (3,4)
5678 Step RF down in place & Touch LF beside RF (5), Step LF in place & Touch RF beside LF (6), Step R heel in place twice (7,8)

1234 Step LF in place & Touch RF (1), Step RF in place & Touch LF (2), Step L heel in place twice (3,4)
&5 Do a small Jump - Step RF to side, Step LF to side
Shout 'OLA' 'OLA' (Styling : Throw both hands out above head)

PART A (4X8)

Section A1 : Step Touch – 4x

1234 Step RF to right, Touch LF beside RF, Step LF to left, Touch RF beside LF
5678 Repeat Step 1-4 (12:00)

Section A2 : Jump to Right then Left, Jump feet apart, Drag, Hook

1234 Stomp RF beside LF, Stomp LF in place, Step RF to left, Hold
(Option : Jump both feet to right, Jump both feet to left, Jump with both feet apart Hold)
5678 Slowly close RF to LF (5,6,7), Hook RF in front of LF (8) (12:00)

Section A3 & A4 : Repeat Section A1 & A2

PART B (4X8)

Section B1 : Travelling Hip Lift & Drop, Twist

12 Rock RF forward, Turn 1/8 L & Recover on LF
(Option : Travelling Hip Drop – Touch RF forward & Lift right hip, Turn 1/8 with weight on LF & Drop right hip)
34 Repeat Steps 1-2
56 Repeat Steps 1-2 (6:00)
78 Swivel both heels to R then L (Body will follow to twist to left then right) (9:00)

Section B2 : Hand Movements, Stomp Twice, Hip Circle

12 Swing right arm forward to above head, Swing back down
34 Swing right arm forward again making a big full circle (9:00)
56 Turn ¼ Right & Step RF to side, Step LF in place (12:00)
78 Hip Circle anti-clockwise

Section B3 & B4 : Repeat Section B1 & B2

PART b (2x8)

Do Section B1 & B2 only.

PART C (4X8)

Section C1 : Right Samba, Left, Samba, Right Samba, Touch x2

- 1&2 Cross RF over LF, Rock LF to left, Recover on RF
- 3&4 Cross LF over RF, Rock RF to right, Recover on LF
- 5&6 Repeat Steps 1&2
- 7,8 Point LF diagonally forward towards right, Point LF back (12:00)

Section C2 : Cross Shuffle, ½ R Cross Shuffle, Full Turn Travelling Voltas

- 1&2 Cross LF over RF, Step RF behind LF, Cross LF over RF
- 3&4 Turn ½ R with weight on LF & Step RF in place, Step LF behind RF, Cross RF over LF (6:00)
- 5& Turn ½ L & Step LF forward, Recover on RF (12:00)
- 6& Turn ¼ L & Step LF forward, Recover on RF (9:00)
- 7& Repeat Steps 5& (3:00)
- 8 Turn ¼ L & Step LF forward (12:00)

Section C3 : Right Mambo, Left Mambo, Rock Recover, Triple Steps

- 1&2 Rock RF to side, Recover on LF, Step RF together
- 3&4 Rock LF to side, Recover on RF, Step LF together
- 5,6 Rock RF forward, Recover on LF
- 7&8 Turn ½ R & Step RF forward, Turn ½ R & Step LF back, Step RF forward (12:00)

(Option : Right Coaster Step – Step RF back, Step LF together, Step RF forward)

Section C4 : Rock Recover, Back Shuffle, Rock Recover, Forward Mambo

- 1,2 Rock LF forward, Recover on RF
- 3&4 Back Shuffle LF, RF, LF
- 5&6 Rock RF back, Recover on LF
- 7&8 Rock RF forward, Recover on LF, Touch RF beside LF (12:00)

PART D (4x8)

Section D1 :

- 12 Step RF forward, Hold
- 34 Step LF forward, Hold
- 5678 Step RF to side & Bend body down towards right thigh & slowly body roll up (12:00)

Section D2 :

- 12 Sway hips to R
- 34 Sway hips to L
- 5678 Bend both knees and slowly straighten up (Sexy pose) (12:00)

Section D3 :

- 12 Step RF forward, Hold
- 34 Turn ½ L weight on LF, Hold (6:00)
- 56 Step RF forward, Hold
- 78 Step LF forward, Hold

Section D4 :

- 1234 Do a full turn unwind towards right, ending with weight on LF (6:00)
- 5&6 Rock RF to right, Recover on LF, Step RF together
- 7&8 Rock LF to left, Recover on RF, Step LF together

TAG (2x8) – DO this tag at 6:00 and ends at 12:00

- 12 Step RF forward, Turn ½ L with weight on LF
- 34 Step RF to side, Step LF to side
- 5678 Hip bumps R, L, R, L

1&2& Hip bumps R,L,R,L
3&4& Repeat 1&2&
5678 Fast Hip Shimmies

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