

# Shalala Lala

拍數: 64      牆數: 1      級數: High Beginner  
編舞者: Chika Hapsari (INA) & Roosamekto Mamek (INA) - July 2020  
音樂: Shalala Lala - Vengaboys



Intro: 32 count

INTRO DANCE : 32 Count (DO THE INTRO DANCE 2X)

## S1. WALK FORWARD R, L, R, SIDE TOUCH, WALK BACK L, R, L, SIDE TOUCH

1-4            Step R forward – Step L forward – Step R forward – Touch L to side (12:00)  
5-8            Step L back – Step R back – Step L back – Touch R to side

## S2. WEAVE, SIDE TOUCH

1-4            Cross R over L – Step L to side – Cross R behind L – Touch L to side (12:00)  
5-8            Cross L over R – Step R to side – Cross L behind R – Touch R to side

## S3. CROSS, SIDE TOUCH

1-4            Cross R over L – Touch L to side – Cross L over R – Touch R to side (12:00)  
5-8            Cross R over L – Touch L to side – Cross L over R – Touch R to side

## S4. WALK BACK R, L, R, TOGETHER, SIDE, TOUCH BEHIND

1-4            Step R back – Step L back – Step R back – Step L together (12:00)  
5-8            Step R to side – Touch L behind R – Step L to side – Touch R behind L

## MAIN DANCE (64 COUNT)

### S1. SIDE ROCK, BEHIND, FORWARD TURN 1/4 LEFT, FORWARD, FORWARD ROCK, BACK LOCK SHUFFLE.

1-2            Rock R to side – Recover on L (12:00)  
3&4            Cross R behind L – Turn 1/4 left step L forward – Step R forward (9:00)  
5-6            Rock L forward – Recover on R  
7&8            Step L back – Lock R over L – Step L back

### S2. BACK ROCK, FORWARD LOCK SHUFFLE, PIVOT 1/4 TURN RIGHT, CROSS SHUFFLE

1-2            Rock R back – Recover on L (9:00)  
3&4            Step R forward – Lock L behind R – Step R forward  
5-6            Step L forward – Turn 1/4 right (12:00)  
7&8            Cross L over R – Step R to side – Cross L over R

### S3. VINE RIGHT, TOUCH, VINE LEFT, TOUCH

1-4            Step R to side – Cross L behind R – Step R to side – Touch L together (12:00)  
5-8            Step L to side – Cross R behind L – Step L to side – Touch R together

Option S.3 for advance dancer:

### ROLLING VINE RIGHT, SODE TOUCH, ROLLING VINE LEFT, TOUCH TOGETHER

1-4            Turn ¼ right step R forward – Turn ½ right step L back – Turn ¼ right step R to side – Touch L to side  
5-8            Turn ¼ left step L forward – Turn ½ left step R back – Turn ¼ left step L to side – Touch R together

### S4. FORWARD ROCK, BACK LOCK SHUFFLE, BACK ROCK, FORWARD LOCK SHUFFLE

1-2            Rock R forward – Recover on L (12:00)  
3&4            Step R back – Lock L over R – Step R back

5-6 Rock L back – Recover on R  
7&8 Step L forward – Lock R behind L – Step L forward

**S5. PADDLE TURN 1/4 LEFT (2X), CROSS, SIDE TOUCH, BEHIND, SIDE TOUCH**

1-4 Step R forward – Turn 1/4 left - Step R forward – Turn 1/4 left (6:00)  
5-8 Cross R over L – Touch L to side – Cross L behind R – Touch R to side

**S6. CROSS/ROCK, SIDE CHASSE**

1-2 Cross/Rock R over L – Recover on L (6:00)  
3&4 Step R to side – Step L together – Step R to side  
5-6 Cross/Rock L over R – Recover on R  
7&8 Step L to side – Step R together – Step L to side

**Option S.6 for advance dancer:**

**TURN 1/2 RIGHT, SIDE CHASSE TURN 1/4 RIGHT**

5-6 Cross L over R – Turn ½ right  
7&8 Turn ¼ right step L to side – Step R together – Step L to side

**S7. BACK ROCK, FORWARD LOCK SHUFFLE, PIVOT TURN 1/2 RIGHT, FORWARD LOCK SHUFFLE**

1-2 Rock R back – Recover on L (6:00)  
3&4 Step R forward – Lock L behind R – Step R forward  
5-6 Step L forward – Turn 1/2 right (12:00)  
7&8 Step L forward – Lock R behind L – Step L forward

**S8. JAZZ BOX CROSS, SIDE, TOUCH**

1-4 Cross R over L – Step L back – Step R to side – Cross L over R (12:00)  
5-8 Step R to side – Touch L together – Step L to side – Touch R together (12:00)

**REPEAT**

**TAG 1 + TAG 2 : End of wall 2**

**TAG 2 : End of wall 5**

**TAG1. ROCK FORWARD, COASTER STEP**

1-2 Rock R forward – Recover on L (12:00)  
3&4 Step R back – Step L together – Step R forward  
5-6 Rock L forward – Recover on R  
3&4 Step L back – Step R together – Step L forward

**TAG2. SIDE ROCK WITH BODY WAVE, BEHIND SIDE CROSS**

1-2 Rock R to side sway hips to right – Recover on L (12:00)  
3&4 Cross R behind L – Step L to side – Cross R over L  
5-6 Rock L to side sway hips to left – Recover on R  
7&8 Cross L behind R – Step R to side – Cross L over R

**REPEAT**

**For more info about step sheet & song, please contact:**

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