

Shalala Lala

拍數: 64 牆數: 1 級數: High Beginner
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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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