

# Baby La La La

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Wiwik Katarina (INA) & Nurasiah Noey (INA) - November 2021  
音樂: My Head & My Heart - Ava Max



The dance start on vocal

## S1: HEEL GRIND ¼ TO R, COASTER, DRAG BACK, HOOK, STEP LOCK STEP

1 2            RF heel fwd (1), pushing RF heel make ¼ turn to R step LF in place (2) facing 3:00  
3 & 4        Step RF back (3), LF together (&), RF fwd (4)  
5 6        Drag LF back (5), Hook RF over LF (6)  
7 & 8        RF fwd (7), Lock LF behind RF (&), RF fwd (8)

## S2: SIDE TOUCH L-R, CROSS SHUFFLE, SWIVELS, STEP BACK, TOGETHER

1 & 2        Touch LF side (1), Close LF beside RF (&), Touch RF side (2)  
3 & 4        Cross RF over LF (3), LF to side (&), Cross RF over LF (4)  
5 6        Swivel ¼ to L facing 12:00 (5), Swivel ½ to R facing 6:00 weight on LF (6)  
7 8        Step RF back (7), Step LF beside RF (8)

## S3: WALK R-L, DOROTHY, ½ R SAILOR, CROSS, KNEE POP

1 2            Step RF - LF fwd  
3 4 &        Step RF fwd (3), Ball Step LF behind RF (4), Step RF fwd (&)  
5 6 &        Step LF fwd (5), ½ to R sweeping RF behind LF (6), LF together (&)  
7 & 8        Cross RF over LF (7), Heels up knee out (&), Heels down (8)

## S4: STEP LF SIDE, HEELS TWIST R-L-R-R (SINGLE DOUBLE TWISTS), CROSS, SIDE, TURN ¼ L

1 & 2 & 3     Step LF to side (1), bend your knees (&), Twist R heel in, lift R toes up and pushing L ball down (2), bend your knees (&), Twist L heel in, lift L toes up and pushing R ball down (3)  
& 4 & 5     Bend your knees (&), Twist R heel in, lift R toes up pushing L ball down (4), do the same way (&) (5)  
& 6 7 8     Step RF in place (&), Cross LF over RF (6), Step RF to side (7), Step LF ¼ L beside RF (8)

There are 2 Restarts in this dance on wall 2 & 6 after 16 count

Enjoy the dance

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