

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

Please contact me katarina.suwik@gmail.com