

Lala

拍數: 32 牆數: 4 級數: Improver
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音樂: LALA - Myke Towers



Change Step and Restart : On wall 3 & 6 after 16 count

S1. CROSS MAMBO - RECOVER - CROSS SAMBA - CROSS SHUFFLE - ROCK SIDE - RECOVER

1&2& Cross R over L Recover on L - Rock R to side - Recover on L
3 a4 Cross R over L - Rock L to side - Recover on R
5&6 Cross L over - Step R to side - Cross L over R
7 - 8 Rock R to side - Recover on L

S2. BEHIND - SIDE- CROSS - SIDE - TURN ¼ LEFT - ANCHOR STEP (L-R)

1&2 Cross R behind L - Step L to side - Cross R over L
3 - 4 Step L to side - Both feet rotate ¼ to the left - body weight on the right
5&6 Step L slightly behind R- Step R in place - Step L in place
7&8 Step R slightly behind L - Step L in place - Step R in place

S3. SAMBA WHISK LEFT & RIGHT - TURN 1/4 LEFT FORWARD LOCK SHUFFLE - PIVOT TURN 1/4 LEFT

1 a2 Step L to side - Rock R behind L - Recover on L
3 a4 Step R to side - Rock L behind R - Recover on R
5&6 Turn 1/4 left step L forward - Lock R behind L - Step L forward
7-8 Step R forward - Turn 1/4 left weight on L

S4 VAUDEVILLE, FORWARD MAMBO, BACK MAMBO

1&2& Cross R over L - Step L to side - Touch R heel diagonal forward - Step R to side
3&4& Cross L over R - Step R to side - Touch L heel diagonal forward - Step L to side
5&6 Rock R forward - Recover on L - Step R back
7&8 Rock L back - Recover on R - Step L forward

REPEAT

Change Step and Restart : (on wall 3 & 6 after 16 count)

7&8& Step R slightly behind L - Step L in place - Step R in place - Step L in place