

# Hey Lola Remix

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Ira Barie (INA) - September 2024  
音樂: Hey Lola / Hey Mambo / Complete Remix / Zumba / ILTD Fam



Intro 40 counts - No tag - No restart

## I. SWIVEL, FLICK BEHIND, GRAPHINE

1-2            Swivel both heels diagonally right, swivel both heels diagonally left  
3-4            Swivel both heels diagonally right, swivel L heels diagonally left flicking R behind L  
5-8            Step R to side, step L behind R, step R to side, touch L beside R

## II. MONTEREY 1/4 L, JAZZBOX

1-4            Point L to side, 1/4 turn L stepping L beside R, point R to side, step R beside L (9 o'clock)  
5-8            Cross L over R, step R back, step L to side, step R beside L

## III. CROSS, 1/4 L BACK, CHASSE, CROSS, BACK, CHASSE

1-2            Cross L over R, 1/4 turn L stepping R backward (6 o'clock)  
3&4            Step L to side, step R beside L, step L to side  
5-6            Cross R over L, step L backward  
7&8            Step R to side, step L beside R, step R to side

## IV. HIP BUMP, HIP BUMP, ROCK FORWARD, RECOVER, 1/4 L CHASSE

1-2            Touch L forward with hip bump, step L down  
3-4            Touch R forward with hip bump, step R down  
5-6            Step L forward, recover on R  
7&8            1/4 turn L stepping L to side, step R beside L, step L to side (3 o'clock)

Enjoy the Dance !!

#danceforlife

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