

Hey Lola Remix

COPPER **NOB**
BY STEPHEN T. C.

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

Email : ira.140289@gmail.com
