

Lola Lives

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Helen Smith (UK)
音樂: Copacabana - Barry Manilow



2 X ¼ TURNING SAILOR STEPS LEFT, FULL TURN FORWARD, TOUCH, KICK

1&2 Cross right behind left, step left to left side turning ¼ left, step right to right side
3&4 Cross left behind right, step right to right side turning ¼ left, step left to left side
5-6 Make full turn forward, stepping right, left (turning left)
7-8 Touch right toe to left heel, kick right diagonally forward right (on steps 1&2, 3&4 you can roll your body from front to back, to the left to help the sailor steps really roll)

RIGHT & LEFT VAUDEVILLES WITH KICKS, STEP, CROSS UNWIND ¾ RIGHT, STEP LOCK STEP FORWARD

&9 Step right to right side, cross left over right
&10 Step right to right side, kick left to left diagonal (pushing shoulders back)
&11 Step left to left side, cross right over left
&12 Step left to left side, kick right to right diagonal (pushing shoulders back)
&13-14 Step right to left, cross left over right, unwind ¾ right (weight ends on right)
15&16 Step forward on left, lock step right behind left, step forward on left

ROLL HIPS TO THE LEFT TWICE, CHA-CHA-CHA BACK TO RIGHT DIAGONAL & LEFT DIAGONAL

17-18 Roll hips to the left (keeping feet in place)
19-20 Roll hips to the left (keeping feet in place)
21&22 Step back on right to right diagonal, close left to right, step back on right to right diagonal
23&24 Step back on left to left diagonal, close right to left, step back on left to left diagonal

HEEL & TOE DIGS MOVING LEFT

25&26 Dig right heel over left, cross right step over left, touch left toe to right heel
&27 Step left to left side, dig right heel over left
&28 Cross step right over left, touch left toe to right heel
&29 Step left to left side, dig right heel over left
&30 Cross right step over left, touch left toe to right heel
&31 Step left to left side, dig right heel over left
&32 Cross step right over left, touch left toe to right heel

¼ TURNING KICK BALL TOUCH, HIP BOUNCES, KICK BALL TOUCH, HIP BOUNCES

33&34 Kick left forward, turning ¼ left on ball of right, step left in place, touch right to right side
&35&36 Hold foot position, while bouncing hips out, in, out, in
37&38 Kick right forward, step in place on right, touch left to left side
&39&40 Hold foot position, while bouncing hips out, in, out, in

CROSS ROCK, CROSS UNWIND ½ LEFT, 4 X ¼ TOUCH TURNS LEFT

41-42 Cross rock left over right, recover on right
43-44 Cross left behind right, unwind ½ turn left
&45 Hitch right knee while turning ¼ left, touch right toe to right side
&46 Hitch right knee while turning ¼ left, touch right toe to right side
&47 Hitch right knee while turning ¼ left, touch right toe to right side
&48 Hitch right knee while turning ¼ left, touch right toe to right side

SHIMMIES

- 1-2 Shimmy to right, moving body down then up (weight ends on right)
- 3-4 Shimmy to left, moving body down then up (weight ends on left)
- 5-6 Shimmy to right, moving body down then up (weight ends on right)
- 7-8 Shimmy to left, moving body down then up (weight ends on left)

REPEAT

TAG

When using Copacabana, at the end of 2nd, 4th and 6th walls (when facing front the first 3 times), add an extra 8 counts of shimmies, then dance through the 48 counts straight every wall thereafter
