

Lola's Dance

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Karen Jackson
音樂: Lola's Theme - The Shapeshifters



KICK BALL CHANGE, WALK, WALK, ROCK & TURN, FULL TURN

1&2 Kick right foot forward, step on right, step on left
3-4 Walk forward right, walk forward left
5&6 Rock forward onto right, recover weight left, turn ½ over right shoulder stepping on right
7-8 Full turn forward to right stepping left, right

SIDE SWITCHES, STEP TOUCH, ROLL, CHASSE

1&2& Touch left to left side, recover, touch right to right side, bring right to center
3-4 Step left to left side, touch right next to left
5-6 Roll to right stepping right, left
7&8 Right chasse

CROSS ROCK, CHASSE ¼ TURN LEFT, SHUFFLE FORWARD, ROCK RECOVER

1-2 Cross rock left over right, recover weight right
3&4 Chasse ¼ left
5-6 Right shuffle forward
7-8 Rock forward left, recover weight right

¾ TURN, SAILOR STEP, SAILOR TURN, WALK, WALK

1-2 Step back on left, starting ¾ turn over left shoulder, step right finishing turn
3&4 Left sailor step
5&6 Right sailor step turning ¼ turn right
7-8 Walk forward left, walk forward right

KICK & POINT, KICK & POINT, TOE TURN, STEP TURN

1&2 Kick left, point right to right side
3&4 Kick right, point right to right side
5-6 Touch left toe behind, turn ½ turn over left shoulder (weight stays on left)
7-8 Step forward right, pivot ½ turn left

REPEAT
