

Lola, Lola

COPPER **NOB**
BY STEPHEN

拍數: 64 牆數: 2 級數: Intermediate samba
編舞者: Chad Manson (UK)
音樂: Lola, Lola - Ricky Martin



FORWARD MAMBO, BACK MAMBO, ¼ RIGHT TWIST CROSS SHUFFLE, ½ LEFT TWIST CROSS SHUFFLE

1a2 Rock right forward, recover onto left, step right beside left
3a4 Rock left back, recover onto right, step left beside right
5a6 While making a ¼ turn to right, cross right over left, step left to left, cross right over left
a7a8 Twist ½ left, cross left over right, step right to right, cross left over right

RIGHT HEEL & TOE, DIAGONAL SHUFFLE, LEFT HEEL & TOE, DIAGONAL SHUFFLE

1a Dig right heel diagonally forward right, recover back onto left
2a Step diagonally back on ball of right, recover forward onto left
3a4 Step forward right diagonally, step left beside right, step forward right diagonally
5-8 Repeat on left foot

FORWARD SAMBA, ¼ RIGHT BACK SAMBA, FORWARD SAMBA, ¼ RIGHT BACK SAMBA

1a2 Step right forward, step left beside right, step right in place
3a4 Step left back, step right beside left, making ¼ turn right step left in place
5a6 Step right forward, step left beside right, step right in place
7a8 Step left back, step right beside left, making ¼ turn right step left in place

FULL RIGHT SPOT VOLTA TURN, ¾ LEFT SPOT VOLTA TURN

1a Execute ¼ turn right and step right forward, step onto ball of left in place
2a Execute ¼ turn right and step right forward, step onto ball of left in place
3a Execute ¼ turn right and step right forward, step onto ball of left in place
4 Execute ¼ turn and step on right
5a Execute ¼ turn left and step left forward, step onto ball of right in place
6a Execute ¼ turn left and step left forward, step onto ball of right in place
7a Execute ¼ turn left and step left forward, step onto ball of right in place
8 Step left forward

SAMBA WHISK, ¾ RIGHT CURVATURE TRAVELING VOLTAS

1a2 Step right to right, step left behind right, step right in place
3a4 Step left to left, step right behind left, step left in place
5a6a Cross right over left, step left to left, cross right over left, step left to left
7a8 Cross right over left, step left to left, cross right over left

SAMBA WHISK, ¾ LEFT CURVATURE TRAVELING VOLTAS

1a2 Step left to left, step right behind left, step left in place
3a4 Step right to right, step left behind right, step right in place
5a6a Cross left over right, step right to right, cross left over right, step right to right
7a8 Cross left over right, step right to right, cross left over right

¼ RIGHT OUT OUT, HIP BOUNCES, FLICK, WEAVE TO LEFT, ¼ LEFT FORWARD

1-2 Making ¼ turn right step right forward diagonally, step left forward diagonally
a3a4 Raise right hip up, return to left, raise right hip up, return to left (weight on left during bumps)
a Small flick right to right
5a6a Cross right behind left, step left to left, cross right over left, step left to left

7a8 Cross right behind left, making $\frac{1}{4}$ turn left step left forward, step right forward

4-COUNTS SAMBA ROLL, SYNCOPATED FORWARD, SHUFFLE

1-2a3 Stepping left, right, left, right, left, right commence a full turn left with body roll traveling 4& forward (samba roll)

Alternate steps: do a 4 count full turn left traveling forward

1-2-3-4 Step left, right, left, right

5a6a Step left forward, lock right behind left, step left forward, lock right behind left

7a8 Step left forward, lock right behind left, step left forward

REPEAT

RESTART

On wall 2, dance to count 48, then restart dance
