

Sha La La

拍數: 40 牆數: 4 級數: Improver
編舞者: Jan Smith (UK)
音樂: Sha La La - Tony Christie



After intro, steady beat starts. Count 1 2 3 4 5 6 7 start stomps on 8 1

STOMP, STOMP, CROSS TOE HEEL, SIDE TOE HEEL, CROSS ROCK RECOVER

8-1 Stomp left foot, stomp right foot
2-3 Cross toe heel, stepping left over right
4-5 Side toe heel, stepping right to right
6-7 Cross rock left over right, recover weight to right

STOMP, STOMP, SIDE TOE HEEL, CROSS TOE HEEL, LEFT SIDE BEHIND

8-1 Stomp left foot, stomp right foot
2-3 Stepping left toe heel to left side
4-5 Cross right toe heel
6-7 Step left foot to left, cross right foot behind left

(¼ TURN) STOMP, STOMP, PIGEON TOES, PIGEON TOES, KICK KICK

8-1 Stomp left foot ¼ to left, stomp right foot behind left
2-3 Swivel heels out, in
4-5 Swivel heels out, in
6-7 With weight on right kick left foot forward twice

ROCK BACK, RECOVER, STEP, PIVOT ½, STEP, LOCK, STEP, STEP

8-1 Rock left foot back, recover weight to right
2-3 Step left foot forward pivot ½ turn right
4-5 Step left foot forward, lock right behind left
6-7 Step forward left, step forward right

LOCK STEP, ROCK FORWARD RECOVER, ROCK SIDE RECOVER, ROCK BACK RECOVER

8-1 Lock left foot behind right. Step right foot forward
2-3 Rock left foot forward, recover weight to right
4-5 Rock left foot to side, recover weight to right
6-7 Rock left foot back, recover weight to right

REPEAT