

# Sha-La Shuffle

**COPPER** KNOB  
STEPSHEETS

拍數: 0                      牆數: 1                      級數: Improver  
編舞者: Christina Walker (UK)  
音樂: Shalala Lala - Vengaboys



Sequence: ABC ABB B to end

## PART A

### RIGHT & LEFT BACK SHUFFLES, KICK BALL POINT, CROSS, ½ UNWIND

1&2                      Step back on right, close left beside right, step back right  
3&4                      Step back on left, close right beside left, step back left  
5&6                      Kick right foot forward, step down on ball of right and point left to left side  
7&8                      Cross left over right and unwind ½ turn over right shoulder

### RIGHT & LEFT SAILOR STEPS, RIGHT & LEFT FORWARD SHUFFLES

9&10                     Cross right behind left, step left to left side, step right in place  
11&12                    Cross left behind right, step right to right side, step left in place  
13&14                    Step forward right, close left beside right, step forward right  
15&16                    Step forward left, close right beside left, step forward left

### RIGHT HEEL BALL CROSS TWICE, ROCK RIGHT, RIGHT CROSS SHUFFLE

17&18                    Step right heel forward, step right in place and cross left over right  
19&20                    Step right heel forward, step right in place and cross left over right  
21&22                    Rock onto right side, back onto left  
23&24                    Cross step right over left, step left to left side, cross step right over left

### LEFT HEEL BALL CROSS TWICE, ROCK LEFT, LEFT CROSS SHUFFLE

25&26                    Step left heel forward, step left in place and cross right over left  
27&28                    Step left heel forward, step left in place and cross right over left  
29&30                    Rock onto left side, back onto right  
31&32                    Cross step left over right, step right to right side, cross step left over right  
33-64                    Repeat above steps

## PART B

### FULL TURN RIGHT, SLAP, SLAP, CLAP

1-3                      Step ¼ turn on right foot, step ¼ turn left on left foot, step ½ turn right on right foot  
4&5                      Slap right thigh with right hand, slap left thigh with left hand, clap

### ROCK FORWARD LEFT, BACK RIGHT, FORWARD LEFT, ROCK FORWARD RIGHT, BACK LEFT, FORWARD RIGHT, SCUFF, WALK BACK

6-8                      Rock forward on left foot, back on right, rock forward on left  
9-11                     Rock forward on right foot, back on left, rock forward on right  
12-16                    Scuff left foot forward, walk back left, right, left, right

### FULL TURN LEFT, SLAP, SLAP, CLAP

17-19                    Step ¼ turn left, step ¼ turn right on right foot, step ½ turn left on left foot  
20&21                    Slap left thigh with left hand, slap right thigh with right hand, clap

### ROCK FORWARD RIGHT, BACK LEFT, FORWARD RIGHT, ROCK FORWARD LEFT, BACK RIGHT, FORWARD LEFT, SCUFF, WALK BACK

22-24                    Rock forward on right foot, back on left, rock forward on right  
25-27                    Rock forward on left foot, back on right, rock forward on left

28-32 Scuff right foot forward, walk back right, left, right, left

33-64 Repeat steps 1-32 of Part B

### **PART C**

#### **JUMPING JACKS, ½ UNWIND, CLAP, CLAP**

1-2 Jump feet apart, jump feet together crossing right in front of left

3-4 Jump feet apart, jump feet together crossing right behind left

5-6 Jump feet apart, jump feet together crossing right in front of left

7&8 Unwind ½ turn over left shoulder, clap, clap

9-16 Repeat above steps

#### **ALTERNATIVE STEPS TO SECTION C**

1-2 Point right to right side, point right in front of left

3-4 Point right to right side, touch right behind left

5-6 Point right to right side, cross right in front of left

7&8 Unwind ½ turn over left shoulder, clap, clap

9-16 Repeat above steps

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