

# Ala Ala Ala

拍數: 45      牆數: 4      級數: Intermediate/Advanced  
編舞者: Craig Cooke (UK)  
音樂: The Way I Mate - Rednex



## STREET WISE RUNNING MAN STEPS

- 1            Jump feet diagonally apart, right foot forward, left foot back
- &            Jump feet together hitching left knee
- 2            Jump feet diagonally apart, left foot forward, right foot back
- &            Jump feet together hitching right knee
- 3            Jump feet diagonally apart, right foot forward, left foot back
- &            Jump feet together (both feet on floor)
- 4            Jump feet diagonally apart, right foot forward, left foot back
- &            Jump feet together hitching left knee
- 5            Jump feet diagonally apart, left foot forward, right foot back
- &            Jump feet together hitching right knee
- 6            Jump feet diagonally apart, right foot forward, left foot back
- &            Jump feet together hitching left knee
- 7            Jump feet diagonally apart, left foot forward, right foot back
- &            Jump feet together (both feet on floor)
- 8            Jump feet diagonally apart, left foot forward, right foot back
- &            Jump feet together (both on floor) weight on left

## ROCK, CHASSE, ROCK, CHASSE, COASTER STEP, CHASSE ¼ TURN

- 1-2            Rock back onto right foot, rock forward onto left foot
- 3&4            Step right to right side, close left besides right, step right to right side
- 5-6            Rock forward onto left foot, rock back onto right foot
- 7&8            Step left to left side, close right besides left, steps left to left side

## COASTER STEP, CHASSE ¼ TURN, ½ PIVOT TURN, CHASSE ¼ TURN, ROCK

- 1&2            Step back on right foot, step left besides right, step forward right,
- 3&4            Step right to right side, close left besides right, step right to the right side making ¼ turn to the right
- 5-6            Step left foot forward make a ½ pivot turn over right shoulder
- 7&8            (Making a ¼ turn while chassing)step left to left side, close right besides left step left to left side,

## ROCK, STEP ½ TURN, 2X KICK BALL CHANGE

- 1-2            Rock back onto right foot, rock forward onto left foot
- 3-4            Step forward on right & pivot ½ over left shoulder
- 5&6            Kick right foot forward, step back on ball of right, step left besides right
- 7&8            Kick right foot forward, step back on ball of right, step left besides right

## TOE SWITCHES, 2X KICK BALL CHANGES, TOE SWITCHES WITH A ¼ TURN

- 1&            Touch right toe out to right side, step right besides left
- 2&            Touch left out to left side, step left besides right
- 3&            Touch right out to right side, step right besides left
- 4&5            Kick right foot forward, step back on ball of right, step left besides right
- &6&            Kick right foot forward, step back on ball of right, step left besides right
- 7&            Touch right toe out to right side, step right besides left
- 8            Touch left out to left side

**RIGHT TOE POINT WITH ¼ TURN TO RIGHT, 2X KICK BALL CHANGES**

&1 Step left besides right, touch right out to right side

& On the right to make a ¼ turn to the right side

2&3 Kick right foot forward, step back on ball of right, step left besides right

4&5 Kick right foot forward, step back on ball of right, step left besides right

**REPEAT**

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