

Lola Lola

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



32 counts intro, start on vocals

FORWARD MAMBO, BACK MAMBO 1/4R TWIST, CROSS SHUFFLE, 1/2 L TWIST CROSS SHUFFLE

1&2 Rock right forward, recover onto left, step right beside left
3&4 Rock left back, recover onto right, step left beside right
5&6 While making a 1/4 turn to right, cross right over left, step left to left, cross right over left
&7&8 Twist 1/2 left, cross left over right, step right to right, cross left over right

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

1& Dig right heel diagonally forward right, recover back onto left
2& Step diagonally back on ball of right, recover forward onto left
3&4 Step forward right diagonally, step left beside right, step forward right diagonally
5-8 Repeat on left foot

FORWARD SAMBA, 1/4 R BACK SAMBA, FORWARD SAMBA, 1/4 R BACK SAMBA

1&2 Step right forward, step left beside right, step right in place
3&4 Step left back, step right beside left, making 1/4 turn right, step left in place
5&6 Step right forward, step left beside right, step right in place
7&8 Step left back, step right beside left, making 1/4 turn right step left in place

FULL RIGHT SPOT VOLTA TURN, 3/4 LEFT SPOT VOLTA TURN

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

SAMBA WHISK, 3/4 RIGHT CURVATURE TRAVELING VOLTAS

1&2 Step right to right, step left behind right, step right in place
3&4 Step left to left, step right behind left, step left in place
5&6& Cross right over left, step left to left, Cross right over left, step left to left
7&8 Cross right over left, step left to left, Cross right over left

SAMBA WHISK, 3/4 LEFT CURVATURE TRAVELING VOLTAS

1&2 Step left to left, step right behind left, step left in place
3&4 Step right to right, step left behind right, step right in place
5&6& Cross left over right, step right to right, Cross left over right, step right to right
7&8 Cross left over right, step right to right, Cross left over right

1/4R OUT OUT, HIP BOUNCES, FLICK, WEAVE TO LEFT, 1/4 L FORWARD

1-2 Making 1/4 turn right step right forward diagonally, step left forward diagonally
&3&4 Raise right hip up, return to left, Raise right hip up, return to left (weight on left during bumps)
& Small flick right to right
5&6& Cross right behind left, step left to left, cross right over left, step left to left
7&8 Cross right behind left, making 1/4 turn left step left forward, step right forward

4-COUNTS SAMBA ROLL, SYNCOPATED FORWARD, SHUFFLE

1-2&3 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. Step left (1), right (2), left (3), right (4) on each individual count

5&6& Step left forward, lock right behind left, Step left forward, lock right behind left,

7&8 Step left forward, lock right behind left, Step left forward

START DANCE AGAIN

RESTART: On wall 2, dance to count 48, then restart dance.
