

Sha La La

COPPER KNOB
STEPSHETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Max Perry (USA) - September 2007
音樂: Sha La La La (Make Me Happy) - Al Green : (CD: Make Me Happy Greatest Hits)



Or Music: L.O.V.E. by Al Green "Greatest Hits"

A: Sugar Push with Kick Ball Change

1,2 Step R forward, Step L forward
3&4 Step R up to L (3rd position), Step L in place, Step back
5&6 Step L back, Step R next to L, Step L forward (coaster step)

Note: You may also dance an "anchor" step instead of the coaster step

7&8 Kick R forward, Rock R back with ball of foot, Step L in place

B: 1/4 Pivot Turn, Crossing Shuffle, Weave Left

1,2 Step R forward & turn 1/4 left, Step L in place
3&4 Cross R in front of L, Step L to left side, Cross R over L
5,6,7 Step L to left side, Cross R behind L, Step L to left side,
8 Cross R over L

C: Side Rock, Turning Sailor Shuffle, Forward & Back Rock Steps

1,2 Rock Step L to left side, Step R in place (recover)
3 & 4 Cross L behind R, Step R in place, Step L in place

(turn 1/4 left over these 3 steps)

5,6 Rock R forward, Step L in place (recover)
7,8 Rock R back, Step L in place (recover)

D: 1/2 Pivot Turn, 1/4 Pivot Turn, Syncopated Touches

1,2 Step R forward & turn 1/2 left, Step L in place
3,4 Step R forward & turn 1/4 left, Step L in place
5& Touch R forward & across L, Step R next to L
6& Touch L forward & across R, Step L next to R
7& Touch R forward, Step R next to L
8& Touch L forward, Step L next to R

Begin again