

# Sha-La-La-La-La

拍數: 64      牆數: 4      級數: Improver  
編舞者: Bente Kongstad (DK) - December 2010  
音樂: Sha-La-La-La-La - The Walkers : (Album: Greatest hits)



Intro: 16 counts

## Chassé R with back rock, chassé L with back rock

1&2      Step R to R side, step L beside R, step R to R side  
3-4      Rock back L, recover R  
5&6      Step L to L side, step R beside L, step L to L side  
7-8      Rock back R, recover L (12 o'clock)

## Kickball point R, kickball point L, jazzbox ¼ turn R, step forward L

1&2      Kick R forward, step R beside L, point L to L side  
3&4      Kick L forward, step L beside R, point R to R side  
5-6      Cross R over L, step back L  
7-8      step R to R side turning ¼ R, step L forward (3 o'clock)

## Rocking chair R, step ½ turn L, hold

1-2      Rock forward R, recover L  
3-4      rock back R, recover L  
5-6      Step forward R, make ½ turn L  
7-8      Step R forward, hold (9 o'clock)

## Full turn R, hold, full turn L, hold

1-2      Make ¼ turn R stepping L to L side, make ½ turn R stepping back R  
3-4      Make ¼ turn R stepping L forward, hold  
5-6      Make ¼ turn L stepping R to R side. make ½ turn L stepping back L  
7-8      Make ¼ turn L stepping R forward, hold (9 o'clock)

## Rock forward L, side rock L, behind side cross, hold

1-2      Rock forward L, recover R  
3-4      Rock L to L side, recover R  
5-6      Cross L behind R, step R to R side  
7-8      Cross L over R, hold (9 o'clock)

## Point cross R, point cross L, ¼ turn L, step forward R, hold

1-2      Point R to R side, cross R over L  
3-4      Point L to L side, cross L over R  
5-6      Make ¼ L stepping back R, step L forward  
7-8      Step R forward, hold (6 o'clock)

## vine L with touch, vine R with touch

1-2      Step L to L side, cross R behind L  
3-4      Step L to L side, touch R beside L  
5-6      Step R to R side, cross L behind R  
7-8      Step R to R side, touch L beside R (6 o'clock)

## Side touch L, side touch R, side together L, ¼ L with touch

1-2      Step L to L side, touch R beside L  
3-4      Step R to R side, touch L beside R

5-6 Step L to L side, step R beside L  
7-8 make ¼ turn L stepping L forward, touch R beside L (3 o'clock)

**Restart: During wall 3 (facing 6 o'clock) dance count 1- 8 - then restart dance (facing 6 o'clock)**

**Ending:**

**On wall 7 (facing 6 o'clock), dance until count 48 (facing 9 o'clock), then replace counts 49-57 with this:  
vine L with touch, vine R with ¼ turn R**

1-2 Step L to L side, cross R behind L  
3-4 Step L to L side, touch R beside L  
5-6 Step R to R side, cross L behind R  
7-8 Make ¼ R stepping R forward, touch L beside R (facing 12 o'clock)

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