

Go La Sa

拍數: 112 牆數: 4 級數: Beginner
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音樂: Unknown



Intro : 32 counts

Sequence : A A / Tag / B / Tag / C / A A / Tag / B / A (1-16) / Ending

(A) 32 Counts

(A1) Side , Touch , Side , Touch , Side , Together , Side , Touch

1, 2 Step R to right . Touch L beside R and clapping hands .
3, 4 Step L to left . Touch R beside L and clapping hands .
5, 6 Step R to right . Step L beside R .
7, 8 Step R to right . Touch L beside R and clapping hands .

(A2) Side , Touch , Side , Touch , Side , Together , Side , Touch

1, 2 Step L to left . Touch R beside L and clapping hands .
3, 4 Step R to right . Touch L beside R and clapping hands .
5, 6 Step L to left . Step R beside L .
7, 8 Step L to left . Touch R beside L and clapping hands .

(A3) Step , Together , Step , Touch , Knee Popp Forward Touch , Backward , Touch

1, 2 Step forward on R . Step L beside R .
3, 4 Step forward on R . Touch L beside R and clapping hands .
5, 6 Step forward on L . Touch R in step L with R knee popping forward and clapping hands .
7, 8 Step back on R . Touch L beside R and clapping hands .

(A4) Walk Back (x3) , Touch , Jazz Box 1/4 Turn Right Walk back on L , R , L . Touch R beside L .

5, 6 Cross R over L . Step back on L .
7, 8 Turn 1/4 right stepping R to right . Step L beside R .

(B) 64 Counts

(B1) Side , Together , Side , Touch , Side , Together , 1/4 Turn Left , Touch

1, 2 Step R to right . Step L next to R .
3, 4 Step R to right . Touch L beside R .

(For styling stretch both arms to right at chest level with hands rotating anti – clockwise while doing the above steps)

5, 6 Step L to left . Step R next to L .
7, 8 Turn 1/4 left stepping L to left . Touch R beside L .

(For styling stretch both arms to left at chest level with hands rotating clockwise while doing the above steps)

(B2) Side , Together , 1/4 Turn Right , Touch , Side , Together , 1/4 Turn Left , Touch

1, 2 Step R to right . Step L next to R .
3, 4 Turn 1/4 right stepping R to right . Touch L beside R .

(For styling stretch both arms to right at chest level with hands rotating anti – clockwise while doing the above steps)

5, 6 Step L to left . Step R next to L .
7, 8 Turn 1/4 left stepping L to left . Touch R beside L .

(For styling stretch both arms to left at level with hands rotating clockwise while doing the above steps)

(B3) (Sway Hips) x 8

1, 2 Sway hips to right stepping R to right , sway hips to left
(Wrap R arm across chest , wrap L arm across chest)

3, 4 Sway hips to right , left
(Throw R arm up above head level , throw L arm up above head level)
5, 6 Sway hips to right , left
(Wrap R arm across chest , wrap L arm across chest)
7, 8 Sway hips to right , left
(Throw R arm fwd with palm facing up , throw L arm fwd with palm facing up)

(B4) (Sway Hips) x 4 , (Walk Back) x 4

1, 2 Sway hips to right , left
(Leaving R arm in place turn palm to face down , place L palm above back of R palm)
3, 4 Sway hips to right , left
(Wrap R arm across chest , wrap L arm across chest)
5, 6 Walk back on R , L
(Flick both hands progressively up , flick both hands above head)
7, 8 Walk back on R , L
(Flick both hands progressively with arms open wide at V , then down to shoulder Level at both sides)

(B5) Side , Together , Side , Touch , Side , Together , 1/4 Turn , Touch

1, 2 Step R to right , step L next to R
3, 4 Step R to right , touch L beside R
(For styling stretch both arms to right at chest level with hands rotating anti – clockwise while doing the above steps)
5, 6 Step L to left , step R next to L
7, 8 Turn 1/4 left stepping L to left , touch R beside L
(For styling stretch both arms to left at chest level with hands rotating clockwise while doing above steps)

(B6) Side , Together , 1/4 Turn Right , Touch , Side , Together , 1/4 Turn Left , Touch

1, 2 Step R to right , step L next to R
3, 4 Turn 1/4 right stepping R to right , touch L beside R
(For styling stretch both arms to right at chest level with hands rotating anti – clockwise while doing above steps)
5, 6 Step L to left , Step R next to L
7, 8 Turn 1/4 left stepping L to left , touch R beside L
(For styling stretch both arms to left at chest level with hands rotating clockwise while doing above steps)

(B7) (Sway Hips) x 8

1, 2 Sway hips to right stepping R to right . Sway hips to left .
(Wrap R arm across chest , wrap L arm across chest)
3, 4 Sway hips to right , left .
(Throw R arm up above head level , throw L arm up above head level)
5, 6 Sway hips to right , left .
(Wrap R arm across chest , wrap L arm across chest)
7, 8 Sway hips to right , left .
(Throw R arm fwd with palm facing up , throw L arm fwd with palm facing up)

(B8) (Sway Hips) x 4 , (Walk Back) x 4

1, 2 Sway hips to right , left .
(Leaving R arm in place turn palm to face down , place L palm above back of R palm)
3, 4 Sway hips to right , left .
(Wrap R arm across chest , wrap L arm across chest)
5, 6 Walk back on R , L .
(Cross both arms in front of chest with palms facing down , separate hands in front)
7, 8 Walk back on R , L .
(Wave hands to point to left , right diagonals at the same time , point both hands to left , right sides at the same time)

(C) 16 Counts

(C1) (Side , Together , Side , Touch) x 2 , With Clap

- 1, 2 Step R to right . Step L next to R .
- 3, 4 Step R to right . Touch L beside R and clapping hands .
- 5, 6 Step L to left . Step R beside L .
- 7, 8 Step L to left . Touch R beside L and clapping hands .

(C2) (Bump , Hold) x 4

- 1, 2 Bump hip to right stepping R to right . Hold .
- 3, 4 Bump hip to left . Hold .
- 5, 6 Bump hip to right . Hold .
- 7, 8 Bump hip to left . Hold .

Tag : Mambo Forward , Recover , Side Mambo , Recover , Stomp , Stomp

- 1 & 2 & Rock forward on R . Recover on L . Rock R to right . Recover on L .
- 3, 4 Stomp R beside L , stomp L in place

Ending : Mambo Forward

- 1 & 2 Rock forward on R . Recover on L . Step R beside L .
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