

# La La La!!

**COPPER** **NOB**  
BY STEPHEN

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Alexis Strong (UK) - February 2014  
音樂: La La La (feat. Sam Smith) - Naughty Boy



**INTRO- RIGHT SIDE ROCK TOGETHER, LEFT SIDE ROCK TOGETHER, RIGHT HEEL GRIND ¼ TURN, RIGHT ROCK BACK RECOVER.**

**(DANCE THIS 4 TIMES TO FACE THE FRONT MAKING A FULL TURN, THEN START DANCE)**

1&2      Rock R To R Side (1) Recover Back Onto L (&) Step R Together (2)  
3&4      Rock L To L Side (3) Recover Back Onto R (&) Step L Together (4)  
5-6      R Heel Forward, Grind ¼ R (5) Step Onto L (6)  
7-8      Rock R Back (7) Recover Forward Onto L (8)

**(Arm movements- Swing Arms Down And Up, Click when bringing arms up on counts 1&2/3&4 )**

**[1-8] RIGHT FORWARD ½ TURN, ½ TURN RIGHT SHUFFLE, LEFT FORWARD ½ TURN, ½ TURN LEFT SHUFFLE.**

1-2      Step Forward On R (1) Making ½ Turn R Step On L (2)  
3&4      Making ½ Turn R Step On R (3) Step L Together (&) Step R Forward (4)  
5-6      Step Forward On L (5) Making ½ Turn L Step On R  
7&8      Making ½ Turn L Step On L (7) Step R Together (&) Step L Forward (8) (End Facing 12.O.Clock))

**[9-16] FORWARD RIGHT ROCK RECOVER, BACK RIGHT SHUFFLE, STEP LEFT BACK ¼ TURN RIGHT, CROSS LEFT SHUFFLE.**

1-2      Rock Forward On R (1) Recover Back Onto L (2)  
3&4      Step R Back (3) Step L Together (&) Step R Back (4)  
5-6      Step Back On L (5) Making ¼ R Step On R (6)  
7&8      Cross L Over R (7) Step R To R Side (&) Cross L Over R (8) (End Facing 3.O.Clock).

**[17-24] POINT RIGHT AND LEFT, RIGHT HEEL LEFT HEEL, AND RIGHT SCUFF CROSS, LEFT BACK, RIGHT BACK, LEFT CROSS.**

1&2      Point R To R Side (1) Step R Together (&) Point L To L Side (2)  
&3&4      Step L Together (&) Right Heel Forward (3) Step R Down (&) Left Heel Forward (4)  
&5-6      Step L Down (&) Scuff R Over L (5) Step Onto R (6)  
7&8      Step Back Onto L (7) Step Back Onto R (7) Cross L Over R (8) (End Facing 3.O.Clock).

**[25-32] STEP ¼ R, ½ TURN ONTO LEFT, ½ TURN WALK RIGHT, WALK LEFT, BACK RIGHT SHUFFLE, LEFT BACK TOE ½ TURN.**

1-2      Step ¼ R Onto R (1) Making ½ R Step Onto L (2)  
3-4      Making ½ R Step Onto R (3) Step Forward On L (4)  
5&6      Step Back Onto R (5) Step L Together (&) Step Back Onto R (6)  
7-8      Point L Toe Back (7) Making ½ L Step Onto L (8) (End facing 12.O.Clock)

**[33-40] RIGHT SIDE ROCK TOGETHER CLICK, LEFT SIDE ROCK TOGETHER CLICK, RIGHT HEEL GRIND ¼ TURN, RIGHT ROCK BACK RECOVER.**

1&2      Rock R To R Side (1) Recover Back Onto L (&) Cross Step R Over L Click Fingers (2)  
3&4      Rock L To L Side (3) Recover Back Onto R (&) Cross L Over R Click Fingers (4)  
5-6      R Heel Forward, Grind ¼ R (5) Step Onto L (6) 7-8 Rock R Back (7) Recover Forward Onto L (8)

**(End Facing 3.O.Clock) (Arm movements- Swing Arms Down And Up, Click when bringing arms up on counts 1&2/3&4 )**

**[41-48] RIGHT SIDE ROCK CROSS CLICK, LEFT SIDE ROCK CROSS CLICK, RIGHT HEEL GRIND ¼**

**TURN, RIGHT ROCK BACK RECOVER.**

- 1&2 Rock R To R Side (1) Recover Back Onto L (&) Cross Step R Over L Click Fingers (2)  
3&4 Rock L To L Side (3) Recover Back Onto R (&) Cross L Over R Click Fingers (4)  
5-6 R Heel Forward, Grind  $\frac{1}{4}$  R (5) Step Onto L (6)  
7-8 Rock R Back (7) Recover Forward Onto L (8)

**(End Facing 6.O.Clock) (Arm movements- Swing Arms Down And Up, Click when bringing arms up on counts 1&2/3&4 )**

**[49-56] FULL TURN, FORWARD RIGHT SHUFFLE, LEFT FORWARD ROCK RECOVER, STEP LEFT BACK,  $\frac{1}{4}$  ONTO RIGHT.**

- 1-2 Making  $\frac{1}{2}$  Turn Step Onto R (1) Making  $\frac{1}{2}$  Turn L Step Onto L (2)  
3&4 Step Forward Onto R (3) Step L Together (&) Step R Forward (4)  
5-6 Rock Forward L (5) Recover Back Onto R (6)  
7-8 Step L Back (7) Making  $\frac{1}{4}$  Turn R, Step Onto R (8)

**(End Facing 9.O.Clock)**

**[57-64] CROSS LEFT SHUFFLE, STEP  $\frac{1}{2}$  TURN, CROSS FULL TURN BOUNCE, BOUNCE, BOUNCE.**

- 1&2 Cross L Over R (1) Step R To R Side (&) Cross L Over R (2)  
3-4 Step R To R Side (3) Step  $\frac{1}{2}$  Turn L Onto L (4)  
5,6,7,8 Cross R Over L Making  $\frac{1}{4}$  L (5) Unwind  $\frac{1}{4}$  L, Bounce (6) Unwind  $\frac{1}{4}$  L, Bounce (7) Unwind  $\frac{1}{4}$  L, Bounce (8)

**(End Facing 3.O.Clock)**

**Wall 5, Dance The Dance Up To Count 32, RESTART**

**Wall 6, Dance The Dance Up To Count 32, RESTART**

**End of Wall 7, Unwind 1 and  $\frac{1}{4}$  To Face The Front, Step Forward R And Pose.**

**ENJOY!!**

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