

# Lala Swing

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Tim Johnson (UK) & Jean-Pierre Madge (CH) - August 2021

Music: Lalalalalalalalala (Acoustic) - Mikolas Josef

**Count In: Dance begins after 16 counts**

**Notes: Ensure the track is the Acoustic version.**

**[1-8] Walk L,R,L, right Sailor  $\frac{1}{2}$ ,  $\frac{1}{2}$  turn L,  $\frac{1}{2}$  turn R sweeping L, behind L, side R**

1-2-3 Walk forward L (1) Walk forward R (2) Walk forward L (3)

4&5 Making a  $\frac{1}{2}$  turn to the right, step R behind L (4) step L to left side (&) step R forward (5) 6:00  
prep your body to turn left

6 - 7 Making a  $\frac{1}{2}$  turn to the left, step L forward (6) making another  $\frac{1}{2}$  turn to the left step back on R  
sweeping L behind R (7)6:00

8& Step L behind R (8) step R to right side (&)

**[9-16] Cross L over R, Hold, Weave right, rock right, recover,  $\frac{1}{2}$  R,  $\frac{1}{2}$  L, behind.**

1-2 Cross L over R (1) Hold (2)

&3&4 Step R to right side (&) Step L behind R (3) Step R to R side (&) Cross L over R (4)

5-6 Rock R out to right side (5) Recover weight back onto L (6)

7-8& making a  $\frac{1}{2}$  turn to the right, step R to right side (7) making another  $\frac{1}{2}$  turn to the right, step L to  
left side (8) step R behind L (&) 6:00

**[17-24] Step L to left side, sway R,L behind  $\frac{1}{4}$  side, weave right,  $\frac{1}{4}$  turn right shuffle**

1-2-3 Step L to left side, swaying hips to the left (1) sway hips right (2) sway hips left (3)

4&5 Step R behind L (4) making a  $\frac{1}{4}$  turn to the left, step forward on L (&) Step R to right side (5)3:00

6&7 Step L behind R (6) step R to right side (&) cross L over R (7)

8& Making a  $\frac{1}{4}$  turn to the right, Step forward on R (8) step L behind R (&)6:00

**[25-32] L Step  $\frac{1}{2}$  turn step,  $\frac{1}{4}$  R shuffle,  $\frac{1}{2}$  L shuffle, rock back R**

1 Step forward R (1)

2&3 Step forward L (2) making a  $\frac{1}{2}$  turn to the right, step forward on R (&) Step forward on L(3)12:00

4&5 Making  $\frac{1}{4}$  turn to the left, step R to right side (4) step L next to R (&) step R to right side (5)9:00

6&7 Making a  $\frac{1}{2}$  turn to the left, step L to left side (6) step R next to L (&) step L to left side (7)3:00

8 Rock back on R (8) ready to restart the dance stepping forward on L for count 1.

**End of dance, Smile and enjoy**