

Sha La Long

Count: 34

Wall: 4

Level: Improver

Choreographer: Regina Cheung (CAN) & Ping Chen (CN) - May 2023

Music: Sha la Long - Solid Base

Wall 1, 4, 7, 10 - 32C Restart; End of Wall 8 + Tag (2C); Wall 11 - 16C + Tag (2C) Restart ..

Sequence : 32, 34, 34, 32, 34, 34, 32, 34+2, 34, 32, 16+2, 34, 34

Intro : 40 Counts

Sec. 1 Right Forward, Left Tap Behind, Left Step Back, Right Kick Forward, Anchor Step, Left Sailor 1/4 Left Turn

1 2 Right walk forward, Tap left behind right
3 4 Left step back, Right kick forward
5&6 Lock right behind left, Step weight on left, Step back on right
7&8 Left turn 1/4 left cross behind right, Right step next to left, Step left on left (9:00)

Sec.2 Side Touch, Side Touch, Pivot 1/4 Left, Pivot 1/4 Left

1 2 Step right to right side, Touch left toe to left diagonal (Styling : swing hips to right)
3 4 Step left to left side, Touch right toe to right diagonal (Styling : swing hips to left)
5 6 Step forward on right, Pivot 1/4 L
7 8 Step forward on right, Pivot 1/4 L (3:00)

Sec.3 Right Cross. Left Side, Heel Ball Cross, Monterey 1/2 Turn Right

1 2 Right cross over left, Left step on side
3&4 Touch right heel in right diagonal, Right close on ball next to Left, Left cross over Right
5 6 Right point side, 1/2 turn Right and Right close next to Left
7 8 Left point side, Left close next to right (9:00)

Sec.4 Right Jazz Box, Heel Swivel to right, Right Forward Clap, Left Forward Clap

1 2 Cross right over left, Step left back
3 4 Step right back next to left, Cross left over right
5 6 Step right to right and twist both heels to right, Twist both toes to right
7 8 Twist both heels to right, Twist both toes to right (5-8 slightly travel to right)
9 10 Right walk forward & clap both hands, Left walk forward and clap both hands (9:00)

REPEAT

TAG (2 Counts) :

End of Wall 8 + Tag (2C) (12:00),

Wall 11, dance 16 Count + Tag (2C) & Restart (9:00)

Right Forward & Clap, Left Forward & Clap

1 2 Right walk forward & clap both hands, Left walk forward and clap both hands

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