

# Sha La La Ez

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Lynn Card - Oct 2015

**Music:** "Feels Good" by Thomas Rhett

## SECTION 1: WALK, WALK, OUT OUT, CLAP, HIP BUMPS

- 1,2      Walk R forward, Walk L forward
- &3,4      Step R out to right, Step L out to left, Clap once
- 5,6      Bump R hip to right twice
- 7,8      Bump L hip to left twice (weight on L)

## SECTION 2: STEP BACK, TOUCH, STEP BACK, TOUCH, BACK, BACK, COASTER STEP

- 1,2      Step R back to right diagonal, Touch L next to R
- 3,4      Step L back to left diagonal, Touch R next to L
- 5,6      Walk R back, Walk L back
- 7&8      Step R back, Step L next to R, Step R forward

## SECTION 3: STEP, TOGETHER, TRIPLE STEP, STEP, TOGETHER, TRIPLE STEP ¼ TURN

- 1,2      Step L forward to left diagonal, Step R next to L (10:00)
- 3&4      Step L forward to left diagonal, Step R next to L, Step L forward
- 5,6      Step R forward to right diagonal, Step L next to R (2:00)
- 7&8      Step R forward to right diagonal, Step L next to R, Step R forward and ¼ turn to left (9:00)

**(For Beginners: You can do this section without syncopation Step, Together, Step, Touch and Step, Together, Step ¼ Turn, Touch)**

## SECTION 4: STEP, POINT, STEP, POINT, TWIST, TWIST, TWIST, KNEE POP

- 1,2      Step L next to R, Point R to right
- 3,4      Step R next to L, Point L to left (you may travel forward on counts 1,2,3,4 but be sure to be in the right position to step into the twist)

**(Check video for styling option on step points)**

- 5,6      Bring L in next to R and twist both heels to R, Twist heels to L

**7,8** Twist heels right, Twist heels to center and at the same time release R heel and pop R knee  
Forward

**TAG: 8 COUNTS, After Wall 3 facing 3:00**

**&1,2** Jump forward R out then L out, Clap

**&3,4** Jump back R then L together, Clap

**5,6** Step R forward to slight diagonal, Step L forward out to left

**7,8** Step R back to center, Step L next to R

**Ending: The dance ends perfectly on count 32 with the knee pop.**