

# Lala Swing

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**Count:** 32

**Wall:** 4

**Level:** Intermediate

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

**Music:** - 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**