

# My Lola

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**Count:** 32                      **Wall:** 4                      **Level:** Intermediate

**Choreographer:** Amy Christian and Scott Schrank (Feb 2013)

**Music:** Lola by Mika (CD: The Origin Of Love) iTunes

**Start: 32 count Intro On Vocal (16 Seconds In)**

**Phrasing: 32-Tag-32-32-Tag- 32-32-32-Restart after 16 Counts-32-32-Tag X5**

**[1-8] SIDE, CLOSE, R COASTER STEP, ROCK FWD, RECOVER, TRIPLE 1/2**

- 1-2**            Step R foot to right side (1), Step L foot next to R foot (2)
- 3&4**           Step R foot back (3), Step L foot next to R foot (&), Step R foot forward (4)
- 5-6**            Rock forward on L (5), Recover weight to R foot ((6)
- 7&8**            Triple step making 1/2 turn left (L-R-L) (6:00)

**[9-16] ROCK FWD, RECOVER, 3/4 SAILOR CROSS, SIDE ROCK, RECOVER, BEHIND-SIDE-CROSS**

- 1-2**            Rock forward on R foot (1), Recover weight to L foot (2)
- 3&4 3/4 Sailor step crossing R foot over L foot (3&4) (3:00)**
- 5-6**            Side rock L foot to left side (5), Recover weight to R foot (6)
- 7&8**            Step L foot behind R foot (7), Step R foot to right (&), Cross L foot over R foot (8)

**\*\*\*Restart happens here**

**[17-24] SIDE, BEHIND, ROCK-RECOVER-BACK, 1/4 TURN, STEP, BUMP & BUMP**

- 1-2**            Step R foot right (1), Step L foot behind R foot (2),
- 3&4**            Rock R foot right (3), Recover weight to L foot (&), Step R foot behind L foot (4)
- 5-6**            Step L foot forward while making 1/4 turn left (5), Step R foot forward (6) (12:00)
- 7&8**            Bump hips over L foot while stepping L foot forward (7), Bump hips back over R foot (&),  
Bump hips over L foot (8) (Weight the L foot) (12:00)

**[25-32] STEP, PIVOT 1/4, CROSS-RECOVER-SIDE, STEP, PIVOT 1/2, HOLD-BALL-CROSS**

- 1-2**            Step R foot forward (1), Pivot 1/4 turn left on balls of both feet (2) (Weight the L foot) (9:00)

- 3&4** Cross rock R foot over L foot (3), Recover weight back to L foot (&), Replace R foot next to L foot (4)
- 5-6** Step L foot forward (5), Pivot 1/2 turn right on balls of both feet (6) (Leave weight on L foot) (3:00)
- 7&8** Hold (7), Step ball of R foot back (&), Cross step L foot over R foot (8)

**Tag - 16 Counts (Note: Wall directions are only for the first time you do the Tag)**

**[1-8] OUT, OUT BACK, TOUCH FWD, FWD BODY ROLL, LEFT HIP POP**

- 1-4** Step R foot to right (1), Step L foot to left (2), Step R foot back (3), Touch L toes forward (4) (3:00)
- 5-7** Forward body roll into a "Sit" position and angled to 4:00
- &8** Lift L hip up (&), Drop L hip down (8) (Weight is still on R foot)

**[9-16] ROCK FWD, RECOVER, OUT, OUT, CCW HIP ROLL, 1/4 TURN BALL CROSS**

- 1-2** Rock forward on L foot (1), Recover weight back on R foot (2)
- 3-4** Step L foot to left side (3), Step R foot out to right side (4)
- 5-7** Do 1-1/2 CCW Hip Roll starting from R hip and end on L hip
- &8** Do 1/4 turn left stepping in on ball of R foot (&), Cross L foot over R foot (8) (12:00)

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