Lola (zh)

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Ira Weisburd (USA) - 2010年08月

Music: Whatever Lola Wants - Irene and Her Latin Jazz Band : (CD: Summer Samba 07)

前奏： Introduction: 20 Counts. Start on “LOLA”.

第一段 Rumba Box (Forward, Hold, Side, Tog.; Back, Hold, Side, Tog.)
倫巴方塊(前, 候, 側, 併, 後, 候, 側, 併)

1-2 Step forward on L, hold 左足前踏, 候

3-4 Step R to R, Step-close L beside R
右足右踏, 左足併踏

5-6 Step R back, hold 右足後踏, 候

7-8 Step L to L, Step-close R beside L
左足左踏, 右足併踏

第二段 Step L To L, Hold, Cross-Rock Recover, ¼ Turn R On R, Hold, Pivot ¼ Turn R 左踏, 候, 交叉下沉 回復, 右1/4, 候, 踏 轉1/4

1-2 Step L to L, hold 左足左踏, 候

3-4 Step R across L, recover back onto L
右足於左足前交叉下沉, 左足回復

5-6 Make ¼ turn to R, Step R forward, hold (3:00)
右轉90度右足前踏, 候(面向3點鐘)

7-8 Step forward on L, make ¼ pivot turn to R w/R (6:00)
左足前踏, 右軸轉90度(面向6點鐘)

第三段 Cross, Hold, Recover, Side; Cross, Hold, Recover, ¼ Turn R
交叉下沉, 候, 回復, 左踏, 交叉下沉, 候, 回復, 右1/4

1–2 Step L across R, hold 左足於右足前交叉下沉, 候

3-4 Recover back onto R, Step L to L 右足回復, 左足左踏

5-6 Step R across L, hold 右足於左足前交叉下沉, 候

7–8 Recover back onto L, make ¼ turn to R on R (9:00)
左足回復, 右轉90度右足踏(面向9點鐘)

ONE RESTART: (On Wall 5, dance up to 24 counts; then restart the dance) Restart will be facing (9:00) 第五面牆, 跳至此, 面向9點鐘, 從頭起跳

第四段 Sway L, Hold, Sway R, L; Sway R, Hold, Rock Back, Recover
擺臀, 候, 擺臀, 擺臀, 擺臀, 候, 後下沉, 回復

1–2 Sway Hip to the L, hold 左擺臀, 候

3–4 Sway Hip to the R, Sway Hip to the L 右擺臀, 左擺臀

5-6 Sway Hip to the R, hold 右擺臀, 候

7–8 Rock back on L, recover forward on R 左足後下沉, 右足回復

PLEASE NOTE: Last Wall make ½ turn R (on count 24) to face front wall And finish with the last 8 counts.
結束時, 跳至第三段第8拍由右轉90度換成右轉180度, 面向前面牆後, 接著跳第四段結束舞曲