

# Jalla

Count: 92

Wall: 2

Level: Advanced Phrased

Choreographer: Mark Furnell (UK), Chris Godden (UK) & Rebecca Lee (MY) - March 2026

Music: JALLA - Antigoni



Intro: 4 Counts, Start at approx 15 secs

Sequence: A, B, C, A (16 Counts), Tag 1, A, B, C, A (16 Counts), C (20 Counts), Tag 2, C

## Part A

### SEC 1 Back Rock, Step, Shuffle, Rock, Touch Back, ½ Unwind

- 1-2 Rock right back, recover weight on to left
- 3 Step right forward
- 4&5 Step left forward, step right beside left, step left forward
- 6-7 Rock right forward, recover weight on to left
- 8-1 Touch right back, unwind ½ right keeping weight on left (6:00)

### SEC 2 Hold, Bend, Touch, &, Heel, Pop, Pop

- 2-3-4 Hold, bend both knees, straighten both knees transferring weight onto right
- 5&6 Touch left beside right, step left back, touch right heel forward
- 7-8 Step right forward and pop left knee, step left forward and pop right knee

Restart Here on 2nd Part A, Dance Tag 1 then restart and on 4th Part A

### SEC 3 Side Rock, Behind, Side, Cross Shuffle, ¾ Unwind

- 1-2 Rock right to right, recover weight on to left
- 3& Step right behind left, step left to left
- 4&5 Cross right over left, step left beside right, cross right over left
- 6-7-8 Unwind ¾ left over 3 counts transferring weight on right (9:00)

### SEC 4 Back Shuffle, Back Rock, Camel Walks, ¼ Step, Hold

- 1&2 Step left back, step right beside left, step left back
- 3-4 Rock right back, recover weight on to left
- 5-6 Step right forward popping left knee, step left forward popping right knee
- 7-8 Turn ¼ right step right forward, hold (12:00)

## Part B

### SEC 1 Nightclub Basic, Side, Behind, ¾ Step Sweep, Step Lock Step, Step, ¼ Pivot, Together

- 1-2& Step left to left, step right beside left, cross left over right
- 3& Step right to right, step left behind right
- 4 Turn ¼ right step right forward, turn ½ right sweeping left from back to front (9:00)
- 5&6 Step left forward, lock right behind left, step left forward
- 7-8& Step right forward, pivot ¼ left transferring weight onto left, step right beside left (6:00)

### SEC 2 Nightclub Basic, Side, Behind, ¾ Step Sweep, Step Lock Step, Step, ¼ Pivot

- 1-2& Step left to left, step right beside left, cross left over right
- 3& Step right to right, step left behind right
- 4 Turn ¼ right step right forward, turn ½ right sweeping left from back to front (3:00)
- 5&6 Step left forward, lock right behind left, step left forward
- 7-8 Step right forward, pivot ¼ left transferring weight onto left (12:00)

## Part C

### SEC 1 Dorothy Step, Samba Whisk, Side, Hold, ¼ Hitch, ¼ Hitch

- 1-2& Step right forward to right diagonal, lock left behind right, step right forward to right diagonal

- 3-4& Step left forward to left diagonal, Rock right behind left, replace weight on left
- 5-6 Step right to right, hold
- 7 Step left to left turn ¼ left hitching right knee bumping right to right
- 8 Turn ¼ left hitch right bumping right to right (6:00)

**SEC 2 Dorothy Step, Samba Whisk, Side, Hold, ¼ Hitch, ¼ Hitch**

- 1-2& Step right forward to right diagonal, lock left behind right, step right forward to right diagonal
- 3-4& Step left forward to left diagonal, Rock right behind left, replace weight on left
- 5-6 Step right to right, hold
- 7 Step left to left turn ¼ left hitching right knee bumping right to right
- 8 Turn ¼ left hitch right bumping right to right (6:00)

**SEC 3 Out, Out, Hip Roll, 3/4 Paddle Turn**

- 1-2 Step right to right, step left to left

**Arms: Place right arm forward, place left arm forward**

- 3-4 Roll hips clockwise from right to left, over 2 counts

**Arms: Open arms to sides**

**Restart Here on Wall 3rd Part C**

- 5-6 Turn ⅛ left touch right to right, turn ¼ left touch right to right (7:30)

- 7-8 Turn ¼ left touch right to right, turn ⅛ left touch right to right (3:00)

**Arms: With right arm out and left arm up twist wrists 4 times (Bangra Style)**

**SEC 4 Rock, Shuffle, ¼ Hip Bumps, Touch**

- 1-2 Rock right forward, recover weight on to left

- 3&4 Step right forward, step left beside right, step right forward

- 5-6 Turn ¼ left bumping hips left, bump hips right (12:00)

**Arms: Cross right arm over body down to left hip, cross left arm over body down to right hip**

- 7-8 Bump hips left, touch right beside left

**Arms: Open both arms to sides, clap hands over head**

**SEC 5 ½ Run Around**

- 1&2& Step right in place, turn ⅛ left step left in place, step right in place, turn ⅛ left step left in place (9:00)

- 3&4& Step right in place, turn ⅛ left step left in place, step right in place, turn ⅛ left step left in place (6:00)

**Arms: Open both arms to side keeping wrists flexed over 4 counts**

**Tag 1 After 16 counts of Wall A**

**Hold, Out, Out, Hold, Back, Together**

- 1-2-3 Hold, for 3 counts

- 4-5 Step right to right, step left to left

**Arms: Place right arm forward, place left arm forward**

- 6 Hold

- 7-8 Step right back, step left beside right

**Arms: Bring hands together in prayer position**

**Tag 2 After 20 counts of Wall C**

**Walk to Lines, Arms, Walk to Place**

- 1-16 Walk to form lines straight down the room facing forward over 16 counts

- 1-8 Open arms to side from overhead to waist over 8 counts

- 1-8 Open arms to side from waist to overhead over 8 counts

- 1--8 Walk back to starting position over 8 counts

**Last Update: 11 Apr 2026**

