

Sha La La 2026

Count: 80

Wall: 2

Level: Improver Phrased

Choreographer: Janet (Zhen Zhen) Ge (CN) - September 2026

Music: 莎啦啦 - 孙颖莎 & JKZQ



Sequence: AA-BB-CC-AA-BB-CC-BB

Intro: 32 counts from heavy beat (Approx 21 secs)

Part A (32C)

Section 1 Syncopation Box Step

- 12 Step right to side, step left next to right
- 3&4 Step right forward, step left next to right, step right forward
- 56 Step left to side, step right next to left
- 7&8 Step left back, step right next to left, step left back

Section 2 Rock/Back, 1/2 Back Shuffle, Rock/Back, Forward Shuffle

- 12 Rock right back, recover on left
- 3&4 1/4 Turn L stepping right to side, step left next to right, 1/4 turn L stepping right back (6:00)
- 56 Rock left back, recover on right
- 7&8 Step left forward, step right next to left, step left forward

Section 3 Rock, Sailor Cross (x2)

- 12 Rock right to side, recover on left
- 3&4 Cross right behind left, step left to side, cross right over left
- 56 Rock left to side, recover on right
- 7&8 Cross left behind right, step right to side, cross left over right

Section 4 V Step, Jazz Box Step

- 12 Step right forward diagonal R, step left forward diagonal L
- 34 Step right back center, step left next to right
- 5678 Cross right over left, step left back, step right side, step left forward

Part B (32C)

Section 1 Forward (x3), Touch, Sway (x4)

- 1234 Walk right-left-right, touch left next to right
- 5678 Step left to side with sway L-R-L-R

Section 2 Back (x3), Touch, Sway (x4)

- 1234 Step back left-right-left, touch right next to left
- 5678 Step right to side with sway R-L-R-L

Section 3 1/4 Forward, 1/4 Side, Cross, Side, Side, Tap, Side, Tap

- 12 1/4 Turn R stepping right forward, 1/4 turn R stepping left to side (6:00)
- 34 Cross right behind left, step left to side
- 56 Step right to side bend your knee, straight your knee tap left to side
- 78 Step left to side bend your knee, straight your knee tap right to side

Section 4 The same as Section 3 of Part B (12:00)

Part C (16C)

Section 1 Switch Step, Clap,

- 1234 Switch both heels-toes-heels toward to right, clap your hands
- 5678 Switch both heels-toes-heels toward to left, clap your hands

Section 2 Rocking Chair Step, 1/2 Pivot Turn, Forward (x2)

1234 Rock right forward, recover on left, rocking right back, recover on left

5678 Step right forward, 1/2 pivot turn L, step right forward, step left forward (6:00)

Ending: Step right forward & open your hands up and raise your head !

Contact Email: 93806188@qq.com
