

Shala-lala, Shana-iaia

40 Count, 2 Wall, Beginner

Choreographer: Totoy Pinoy (Mar 11)

Choreographed to: Crush (Dance Mix) by Jennifer Paige; Man! I Feel Like A Woman! by Shania Twain

Start dance on main vocals

TOE FANS, TRAVELING SWIVELS

- 1-4 Heels together, fan R toes out, in, out, in
- 5-8 Moving to right, swivel out heels, toes, heels, toes
- 9-12 Heels together, fan L toes out, in, out, in
- 13-16 Moving to left, swivel out toes, heels, toes, heels

BACK-BACK-BACK-HOOK, STEP-LOCK-STEP-SCUFF 1/2 LEFT

- 1-2 Step R back, step L back
- 3-4 Step R back, hook L over R shin
- 5-6 Step L forward, lock R behind L
- 7-8 Step L forward, scuff R forward & turn 1/2 left

BACK-BACK-BACK-TOUCH, ANGLED STEP-LOCK-STEP-TOUCH

- 1-2 Step R back, step L back
- 3-4 Step R back, touch L together
- 5-6 Step L forward to left diagonal, lock R behind L
- 7-8 Step L forward to left diagonal, touch R together

ANGLED STEP-LOCK-STEP-TOUCH, ANGLED STEP-LOCK-STEP-CLOSE

- 1-2 Step R forward to right diagonal, lock L behind R
- 3-4 Step R forward to right diagonal, touch L together
- 5-6 Step L forward to left diagonal, lock R behind L
- 7-8 Step L forward to left diagonal, step R heel together