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La La La

96 Count, 2 Wall, Intermediate (Phrased)

Choreographer: Elis (ID) Sept 2016

Choreographed to: La La La by Naughty Boy, ft. Sam Smith

Intro: After 15 Second, start form vocal La La La
Sequence: B A A (32) B A A (32) B B A (32) A (32) B

Restart: On wall 6 after 32 count

Part A

Section 1 Step R Hip Bump , Step L Hip Bump Rock R Recover – Turn ½ R – Flick

1 – 2 step R to R side, touch L beside R hip bump
3 – 4 step L to L side, touch R beside L hip bump
5 – 6 step R forward, recover on L
7 – 8 step R back turn ½ R, flick L (6:00)

Section 2 Weave R – Hook R – Sweep ½ R

1 – 4 cross L over R, Step R to R side, step L behind R , hook R
5 – 8 step R forward, turn ½ R sweep L to L side (12.00)

Section 3 Diagonal Lock Step – Hold – Sway – Step Back Recover

1 – 4 step L forward diagonal , step R behind L , step L forward, hold
5 – 6 step R to R side sway R ,
7 hold
& 8 step R back, recover on L

Section 4 Turning ½ R Diagonal Lock Step – Hold – Sway – Touch R

1 – 4 turn ½ R step R forward diagonal, step L behind R, step R forward
5 – 8 step L to L side sway L, R L, touch R beside L
•Restart in here on wall 6

Section 5 Turning ½ R Step Forward Point Touch – Cross Touch – Step Together – Twist Heel

1 – 2 turning ½ R, step R forward (12.00)
3 – 4 touch point L to L side, cross L over R
5 – 6 touch R to R side, step R beside R
7 – 8 twist heel R, center

Section 6 Jazz Box R Turning ½ R – Touch R - Body Weave / Body Roll

1 – 4 cross R over L, step L back, turn ½ R step R forward, step L forward (6.00)
5 – 8 touch R forward, body weave / body roll

Section 7 Jazz Box R Turning ¼ R - Touch R- Body Weave / Body Roll

1 – 4 cross R over L, step L back, turn ¼ R step R forward, step L forward (9.00)
5 – 8 touch R forward, body weave / body roll

Section 8 Step Back Recover – Hitch R Turning ¼ L – Sway –touch R

1 – 2 step R back, recover on L
3 – 4 hitch R turning ¼ L, step R to R side
5 – 8 sway L, R, L, touch R beside L

Part B

Section 1 Grapevine Right – Touch – Hip Bump

1 – 4 step R to R side, Step L behind R, step R to R side, touch L beside R
5 – 8 hip bump up and down

Section 2 Grapevine Left – Step Together R – Body Weave / Body Roll

1 -4 step L to L side, step R behind L, step L to L side, step R beside L
5 -8 body move down up

Section 3 Slightly Cross – Step Together Waving Arms To Right Side And Left Side

1 – 2 slightly cross R over L, touch L beside R
3 – 4 slightly cross L over R, touch beside L
5 – 6 right arms waving to right side, weight on R
7 – 8 left arms waving to left side, weight on L

Section 4 Back Touch Right And Left – Body Weave / Body Roll

1 – 2 step R back, touch forward L
3 – 4 step L back, touch forward R
5 – 8 body weave / body roll

Enjoy your dance and have fun

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