

## **Sha La Long**



SEC<sub>1</sub>

www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com. 34 Count 4 Wall Improver Level Dance.

Choreographed by: Regina Cheung (CAN) & Ping Chen (CN) May 2023

Choreographed to: Sha La Long by Solid Base

Intro: 40 Counts. Start at approx 17 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

FORWARD, TAP BEHIND, STEP BACK, KICK FORWARD, ANCHOR STEP, SAILOR 1/4 TURN

1-2 3-4 5&6 7&8	Right walk forward, Tap left behind right  Left step back, Right kick forward  Lock right behind left, Step weight on left, Step back on right  Left turn 1/4 left cross behind right, Right step next to left, Step left on left (9:00)
SEC 2 1-2 Styling 3-4 Styling 5-6 7-8	SIDE TOUCH, SIDE TOUCH, PIVOT ¼, PIVOT ¼ Step right to right side, Touch left toe to left diagonal Swing hips to right Step left to left side, Touch right toe to right diagonal Swing hips to left Step forward on right, Pivot ¼ L (6:00) Step forward on right, Pivot ¼ L (3:00)
Restart	Here on Wall 11, Dance the Tag then Restart
<b>SEC 3</b> 1-2 3&4 5-6 7-8	CROSS, SIDE, HEEL BALL CROSS, MONTEREY ½ TURN Right cross over left, Left step on side Touch right heel in right diagonal, Right close on ball next to Left, Left cross over Right Right point side, ½ turn Right and Right close next to Left (9:00) Left point side, Left close next to right
<b>SEC 4</b> 1-2 3-4 5-6 7-8	JAZZ BOX, HEEL SWIVEL, FORWARD CLAP, FORWARD CLAP Cross right over left, Step left back Step right back next to left, Cross left over right Step right to right and twist both heels to right, Twist both toes to right Twist both heels to right, Twist both toes to right
Restart	Here on Walls 1, 4, 7 and 10
9-10	Right walk forward & clap both hands, Left walk forward and clap both hands
Tag	At the end of Wall 8 and after 16 counts of Wall 11, dance the tag then restart FORWARD & CLAP, FORWARD & CLAP
1-2	Right walk forward & clap both hands, Left walk forward and clap both hands

