Sha La Long
www.linedancerweb.com www.linedancefoundation.com www.kingshilldanceholidays.com.

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

Intro: 40 Counts. Start at approx 17 secs

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

## SEC 1 FORWARD, TAP BEHIND, STEP BACK, KICK FORWARD, ANCHOR STEP, SAILOR $1 ⁄ 4$ TURN

1-2 Right walk forward, Tap left behind right
3-4 Left step back, Right kick forward
5\&6 Lock right behind left, Step weight on left, Step back on right
7\&8 Left turn $1 / 4$ left cross behind right, Right step next to left, Step left on left (9:00)

SEC 2 SIDE TOUCH, SIDE TOUCH, PIVOT $1 \not / 4$, PIVOT $1 / 4$
1-2 Step right to right side, Touch left toe to left diagonal
Styling Swing hips to right
3-4 Step left to left side, Touch right toe to right diagonal
Styling Swing hips to left
5-6 Step forward on right, Pivot $11 / 4 \mathrm{~L}(6: 00)$
7-8 Step forward on right, Pivot $1 / 4 \mathrm{~L}(3: 00)$

Restart Here on Wall 11, Dance the Tag then Restart
SEC 3 CROSS, SIDE, HEEL BALL CROSS, MONTEREY $1 ⁄ 2$ TURN
1-2 Right cross over left, Left step on side
3\&4 Touch right heel in right diagonal, Right close on ball next to Left, Left cross over Right
5-6 Right point side, $1 / 2$ turn Right and Right close next to Left (9:00)
7-8 Left point side, Left close next to right

SEC 4 JAZZ BOX, HEEL SWIVEL, FORWARD CLAP, FORWARD CLAP
1-2 Cross right over left, Step left back
3-4 Step right back next to left, Cross left over right
5-6 Step right to right and twist both heels to right, Twist both toes to right
7-8 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

Linedance Foundation, Linedancer, 166 Lord Street, Southport, United Kingdom, PR9 0QA.
Email: scripts@linedancerweb.com www.linedancefoundation.com www.linedancer-radio.com

