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La La Feelgud

64 Count 2 Wall High Intermediate Level Dance. Choreographed by: Rachael McEnaney-White (UK) Jun 2024 Choreographed to: La La (Feelgud Remix) by The Cab Intro: 16 Counts. Start at approx 9 secs.

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

SEC 1 HEEL GRIND ¼ TURN, COASTER STEP, EXTENDED SHUFFLE, ¼ PIVOT

- 1-2 Dig L heel forward taking weight, Make 1/4 turn left grinding heel into floor as you step R back (9:00)
- 3&4 Step L back, Step R next to L, Step L forward
- 5&6& Step R forward, Step L next to R, Step R forward, Step L next to R
- 7-8 Step R forward, Pivot ¹/₄ turn left (weight ends L) for styling release R leg into a sweep(8) (6:00)

SEC 2 CROSS, BACK, BALL, CROSS, BACK, BALL, CROSS, SIDE, TWISTS 1/4 TURN HITCH

- 1-2& Cross R over L, Step L to left & slightly back, Step ball of R in place
- 3-4& Cross L over R, Step R to right & slightly back, Step ball of L in place
- 5-6 Cross R over L, Step L to left
- 7&8 Twist both heels left, Twist both heels right, Make ¹/₄ turn right twisting both heels left hitching R knee (9:00)

SEC 3 ROCK, BALL, WALK, WALK, HEEL SWITCHES, FWD, KNEE POP

- 1-2& Rock R forward, Recover weight L, Step ball of R next to L
- 3-4 Step L forward, Step R forward
- 5&6& Touch L heel forward, Step L next to R, Touch R heel forward, Step R next to L
- 7 Step L forward (weight remains mainly on R)
- &8 Raise both heels up popping knees forward, Return both heels to floor transferring weight to R

SEC 4 BACK, BACK, TOUCH BACK, 1/2 TURN, FWD, 1/4 PIVOT, CROSS, POINT

- 1-2 Step L back, Step R back
- 3-4 Touch L back, Make ¹/₂ turn left taking weight L (3:00)
- **Styling** "Marching" strong steps using arms to march back
 - 1-2 L arm fwd, R arm fwd
 - 3-4 L arm fwd, R arm fwd
- 5-6 Step R forward, Pivot ¼ turn left (12:00)
- 7-8 Cross R over L, Point L to left
- Styling Diva snap R arm on 8
- Restart Here on Walls 2 and 5

SEC 5 CROSS, SIDE, BEHIND, SIDE, CROSS, SIDE, HEEL SWIVEL, BALL, CROSS

- 1-2 Cross L over R, Step R to right
- 3&4 Cross L behind R, Step R to right, Cross L over R
- 5&6 Step R to right, Swivel L heel in towards R, Return L heel to place
- &7&8 Swivel R heel in towards L, Return R heel to place, Step in place on ball of L, Cross R over L

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SEC 6 SIDE, BEHIND, BALL, CROSS, SIDE, 1/2 SAILOR STEP, BIG STEP, TOUCH

- 1 Step L to left
- 2&3 Cross R behind L, Step ball of L to left, Cross R over L
- 4 Step L to left
- 5&6 Cross R behind L, Step L next to R as you make ¹/₄ turn right, Make ¹/₄ turn right as you cross R over L (6:00)
- 7-8 Step L a big step to left, Touch R next to L (6:00)

SEC 7 DIAGONAL SHUFFLE, SKATE, SKATE ½ TURN, CROSS, BACK, CROSS, BACK

- 1&2 Step R to right diagonal, Step L next to R, Step R to right diagonal
- 3-4 Step L to left diagonal (swiveling on R), Step R to right diagonal (swiveling on L), making 1/s turn right (7:30)
- 5-6 Cross L over R, Step R back looking to 12:00 snapping fingers
- 7-8 Cross L over R, Step R back looking to 12:00 snapping fingers

SEC 8 CROSS, 1/8 BACK, 1/2 SHUFFLE, FWD, 1/2 PIVOT, MAMBO HIP PUSH

- 1-2 Cross L over R, Make 1/8 turn left stepping R back (6:00)
- 3&4 Make ¹/₄ turn left stepping L to L, Step R next to L, Make ¹/₄ turn left stepping L forward (12:00)
- 5-6 Step R forward, Pivot ½ turn left (weight ends L) (6:00)
- 7&8 Rock R forward, recover weight L, Step R next to left pushing hips back
- Tag At the end of Walls 1 and 3

FULL WALK AROUND, WALK X4

- 1-2 Make 1/4 turn left stepping L forward, make 1/4 turn left stepping R forward
- 3-4 Make ¹/₄ turn left stepping L forward, make ¹/₄ turn left stepping R forward
- 5-6 Walk forward L, walk forward R
- 7-8 Walk forward L, walk forward R
- Styling Raise both arms up on Counts 5-8

