

Covering My Ears

32 Count, 4 Wall, Improver

Choreographer: Lisa Waters (UK) Aug 2013

Choreographed to: La La La by Naughty Boy Feat. Sam Smith

Start dancing on lyrics

OUT-OUT, WEAVE ¼ TURN, TOE GRIND ¼ TURN, COASTER STEP

- 1-2 Step right diagonally forward, step left side
- 3&4 Behind-side-cross right-left-right
- 5-6 Turn ¼ left and step left forward, turn ¼ left and step right back
- 7&8 Left coaster step

SWEEP, STEP-LOCK-STEP, SKATES, BODY ROLL

- 1-2 Sweep right back to front, step right forward
- 3&4 Locking chassé forward left-right-left
- 5-6 Skate right, skate left
- 7-8 Touch right side, turn ¼ right (rolling the body forward to end with weight on right)

MAMBO FORWARD, ¼ TURN, HIP BUMPS, WEAVE, FULL TURN

- 1&2 Rock left forward, recover to right, step left back
- 3&4 Turn ¼ right and step right side, hip left, hip right
- 5&6 Behind-side-cross left-right-left
- 7-8 Unwind a full turn right over 2 counts (weight to left)

CHASSE, CROSS UNWIND ½ TURN, FEET FORWARD-FORWARD-BACK, ¼ SAILOR TURN

- 1&2 Chassé side right-left-right
- 3-4 Cross left behind, unwind ½ left (weight to left)
- 5&6 Step right heel forward, step left heel together, step right back
- 7&8 Left sailor step turning ¼ left