

Sha La La Ez



Count: 32
Wall: 4
Level: Improver
Choreographer: Lynn Card – Oct 2015
Music: "Feels Good" by Thomas Rhett
Taught By: Luanne Arndt – 10/14/15
TMC Legacy Dance Club
Facebook: Luanne Arndt and TMC Legacy Dance Club

SECTION 1: WALK, WALK, OUT/OUT, CLAP, HIP BUMPS

1,2 Walk R forward, Walk L forward
&3,4 Step R out to right, Step L out to left, Clap once
5,6 Bump R hip to right twice
7,8 Bump L hip to left twice (weight on L)

SECTION 2: STEP BACK, TOUCH, STEP BACK, TOUCH, BACK, BACK, COASTER STEP

1,2 Step R back to right diagonal, Touch L next to R
3,4 Step L back to left diagonal, Touch R next to L
5,6 Walk R back, Walk L back
7&8 Step R back, Step L next to R, Step R forward

SECTION 3: STEP, TOGETHER, TRIPLE STEP, STEP, TOGETHER, TRIPLE STEP ¼ TURN

1,2 Step L forward to left diagonal, Step R next to L (10:00)
3&4 Step L forward to left diagonal, Step R next to L, Step L forward
5,6 Step R forward to right diagonal, Step L next to R (2:00)
7&8 Step R forward to right diagonal, Step L next to R, Step R forward and ¼ turn to left (9:00)
(Variation for beginners: Step, Together, Step, Touch and Step, Together, Step ¼ Turn, Touch)

SECTION 4: STEP, POINT, STEP, POINT, TWIST, TWIST, TWIST, KNEE POP

1,2 Step L next to R, Point R to right
3,4 Step R next to L, Point L to left (you may travel forward on counts 1,2,3,4 but be sure to be in the right position to step into the twist)
(Check video for styling option on step points)
5,6 Bring L in next to R and twist both heels to R, Twist heels to L
7,8 Twist heels right, Twist heels to center and at the same time release R heel and pop R knee Forward

TAG: 8 COUNTS, After Wall 3 facing 3:00

&1,2 Jump forward R out then L out, Clap
&3,4 Jump back R then L together, Clap
5,6 Step R forward to slight diagonal, Step L forward out to left
7,8 Step R back to center, Step L next to R

Ending: The dance ends perfectly on count 32 with the knee pop.



Smartphone Users:

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