

LA LA LA

CHOREO: Rey & Sherry Garza, 1655 Monte Vista Dr., Vista, Ca. 92084-7121 (760) 458-6418
Reycuer@reygarza.com Web: www.reygarza.com

MUSIC: La La La Artist: Shakira Album: Shakira (Expanded Edition) (Spanish Version)
Length: 3:06 Slow for comfort

FOOTWORK: Opposite (Woman in parenthesis)

RHYTHM: Merengue Phase 3+1 [Swing Basic]

SEQUENCE: ABC-AMod-B[1-4]-AMod-CMod-AMod-BMod Released 3/21/25 Ver1

PART A

- 1-8 EXTENDED BFLY WALL POS, , ; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;;, SIDE CLOSE SCP LOD;**
- 1 [Starting POS]** Had just complete separation ending in low BFLY WLL arms are extended standing about 2 feet apt wait for Oh La Oh La + one meas -, -, -;
 - 2 [Lady Wrap]** Keep all hnds connected circle RF around W fwd L with trail hands at waist level raise ld hnds, start to create a loop over W's head fwd R, fwd L, fwd R bring hnd ld hnds down (Sml fwd R, L, R, L) blend to WRAP Position fcg COH;
 - 3 [Wheel]** In wrap wheel RF ½ fwd L, R, L, R (Trng RF ½ in pl with sml fwd R, bk L, bk R, bk L) fc WALL;
 - 4 [Unwrap]** Keeping hnds jnd start to bring jnd ld hnds up to ld W to RF to unwind to fc in pl L, R, L, R (Tight RF ½ trn to fc under ld hnds fwd R, L, R, L) rel trail hnds;
 - 5 [Underarm Trn]** Raise ld hnds ldg W to RF underarm trn sd L, XRIB, rec L, sd R (Sd R start comp RF trn under ld hnds, XLIF cont RF trn, rec R cont RF trn, sd L comp trn) blend to CP WALL;
 - 6 [Whisk]** XLIB in tight SCP LOD, rec R, sd L, cl R (XRIB, rec L, sd R, cl L) end CP WALL;
 - 7-8 [Fwd & Bk Rock]** Fwd L, rec R, bk L, rec R; Fwd L, rec R, sd L, cl R (Bk R, rec L, fwd R, rec L; Bk R, rec L, sd R, cl L); **Note: 1st, 2nd, & 4th time thru blend to SCP LOD, 3rd time thru blend to CUDDLE EMBRACE.**

PART B

- 1-8 CONGA WALKS TO LINE; & BACK; PASSING FACING CONGA WALKS; & BACK TO BFLY WALL; LADY WRAP CHANGE SIDES LOP LOD; CONGA WALK TO LINE & BACK BFLY COH; LADY WRAP CHANGE SIDES BFLY WALL;**
- 1 [Conga Wlks]** Sd & fwd L, XRIF, sd L trn RF ¼ fc DRW, tap R toe to floor (Sd & fwd R, XLIF, sd R trn LF ¼ fc DRC, tap L toe to floor);
 - 2** Sd & fwd R, XLIF, sd R, tap L toe to floor (Sd & fwd L, XRIF, sd L, tap R toe to floor) fc prt & DRW;
 - 3 [Passing Conga Wlks]** While fcg ptr twds wall sd L, XRIF pass in frnt of W, sd L trn RF 1/8 fc RLOD, tap R toe to floor (Moving twds COH while fcg ptr [Front vine action] XRIF, sd & bk L pass in frnt of M, XRIB trn to fc DW, tap L toe to floor);
 - 4** Twds COH fcg ptr sd R, XLIF pass in frnt of W, sd R trn RF to fc ptr & WALL, tap L toe to floor (Twds WALL [Front vine action] XLIF, sd & bk R pass in frnt of M, XLIB trn fc prt & COH, tap R toe to floor) BFLY WALL;
 - 5 [Wrap Chg Sds]** Under ld hnds keeping trail hnds low ld W fwd into WRAP fwd L start ¾ RFtrn, fwd R to momentary WRAP POS, rel trail hnds fwd L comp RF trn, tap R twds LOD (Under ld hnds fwd R twds M start a ¾ LF trn, fwd L cont LF trn to a momentary WRAP, fwd R comp LF trn, tap L twds LOD) end in LOP LOD;
 - 6-7 [Conga Wlks]** To LOD sd & fwd R, XLIF, sd R trn LF ¼ fc DRC, tap L toe to floor (Sd & fwd L, XRIF, sd L trn RF ¼ fc DRW, tap L toe to floor);
Sd & fwd L, XRIF, sd L, tap R toe to floor (Sd & fwd R, XLIF, sd R, tap L toe to floor) BFLY COH;

- 8 **[Wrap Chg Sds]** Under ld hnds keeping trail hnds low ld W fwd into WRAP fwd R start ½ RF trn, fwd L to momentary WRAP POS, rel trail hnds fwd R comp RF trn, tap L twds LOD (Under ld hnds fwd L twds WALL start a ½ LF trn, fwd R cont LF trn to a momentary WRAP, fwd L comp LF trn, tap R twds LOD) BFLY WALL;

PART C

- 1-8 **LADY CIRCLE UNDER 8;; MAN CIRCLE UNDER 8 TO BFLY;; OPEN BREAK; UNDERARM TURN TO A; LARIAT WITH MEN'S NECK WRAP; CUDDLE POS WALL;**
- 1-2 **[Lady Circle]** Raise arms in pl L, R, L, R; In pl L, R, L, R end in stack hnds high R over L (Comm a comp RF trn under all connected hnds tight circle smll fwd R, L, R, L; R, L, R, L) to fc ptr & WALL;
- 3-4 **[Man Circle]** Under raise stacked hnds comm a comp LF tight circle smll fwd L, R, L, R; L, R, L, R (In pl R, L, R, L: In pl R, L, R, L) BFLY WALL;
- 5 **[Op Break]** Apt L, rec R, sd L, cl R to L (Apt R, rec L, sd R, cl L to R) rel trail hnds;
- 6 **[Underarm Trn]** Raise ld hnds ldg W to an underarm trn sd L, XRIB, rec L, cl R to L (Under ld hnds sd R a comp RF underarm trn, XLIF cont RF trn, rec R cont RF trn, sd & fwd L twds M's R sd keep ld hnds at M's shldr level;
- 7-8 **[Lariat]** In pl L, R rel ld hnds, L, R; In pl L, R, L, blend to a cuddle pos with arms under W's arms R (Comm a comp RF circle around M fwd R caressing M's shldr & bk, fwd L rel ld hnds, fwd R, fwd L; Cont RF circle fwd R, L, R blend the arms on top of M's arms, sd L) blend to CUDDLE Embrace;
- 9-16 **ARM SLIDE; CP WALL; ROCK TURN FACE LOD; ROCK TURN FACE COH; ARM SLIDE; CP COH; ROCK TURN FACE RLOD; ROCK TURN FACE WALL;**
- 1-2 **[Arm Slice]** Smll bk L, bk R, bk L, bk R (Bk R, bk L, bk R, bk L) end with hnds extended with M's hnd palms up & W palms on top; As travel twds ptr create big CW arm circle with ld hnds & CCW with trail hnds smll fwd L, fwd R, fwd L, fwd R (Fwd R, fwd L, fwd R, fwd L) blend CP WALL;
- 3 **[Rk Trn]** In CP WALL start ¼ LF trn rk fwd L, rec R comp trn, sd L, cl R (Start ¼ LF trn rk bk R, rec L comp LF trn, sd L, cl R) end fc LOD;
- 4 **[Rk Trn]** Repeat meas 3 of part C end fcg COH;
- 5-8 Repeat meas 1-4 end fcg WALL;;;

PART AMOD

- 1-8 **SEPARATION; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;;, SIDE CLOSE SCP LOD;**
- 1 **[Separation]** Fwd L, in pl R, L, R (Bk R, L, R, cl L) blend to extended BFLY WALL;
- 2-8 Repeat meas 2-8 of part A;;;;;

PART B[1-4]

- 1-4 **CONGA WALKS TO LINE; & BACK; PASSING FACING CONGA WALKS; & BACK TO BFLY WALL;**

PART C

- 1-8 **LADY CIRCLE UNDER 8;; MAN CIRCLE UNDER 8 TO BFLY;; OPEN BREAK; UNDERARM TURN TO A; LARIAT WITH MEN'S NECK WRAP; CUDDLE POS WALL;**
- 9-16 **ARM SLIDE; CP WALL; ROCK TURN FACE LOD; ROCK TURN FACE COH; ARM SLIDE; CP COH; ROCK TURN FACE RLOD; ROCK TURN FACE WALL;**

PART AMOD

- 1-8 SEPARATION; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;,, SIDE CLOSE CUDDLE POS WALL;**

PART CMOD

- 1-8 ARM SLIDE; CP WALL; ROCK TURN FACE LOD; ROCK TURN FACE COH; ARM SLIDE; CP COH; ROCK TURN FACE RLOD; ROCK TURN FACE WALL;**
Repeat meas 9-16 of Part C;,,,,,;
- 9-12 BASIC; UNDERARM TURN CP WALL; SWING BASIC; TWICE FACE WALL;**
9 [Basic] Sd L, cl R, sd L, cl R (Sd R, cl L, sd R, cl L) BFLY WALL;
10 [Under Trn] Repeat meas 6 of Part C end CP WALL;
11-12 [Swing Basic X 2] Trn to SCP LOD rk bk L, rec R to fc, lower into both knees swing L hip fwd taking full weight, rec R bring R hip bk (Trn to SCP LOD rk bk R, rec L to fc, lower into both knees swing R hip fwd taking full weight, rec L bring L hip bk); Repeat meas 11 of Part CMOD end CP WALL;

PART AMOD

- 1-8 SEPARATION; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;,, SIDE CLOSE TO SCP LOD;**

PART BMod

- 1-8 CONGA WALKS TO LINE; & BACK; PASSING FACING FACING CONGA WALKS; & BACK TO BFLY WALL; LADY WRAP CHANGE SIDES LOP LOD; CONGA WALK TO LINE & BACK BFLY COH; LADY WRAP TO FACE LOD & POINT;**
1-7 Repeat meas 1-7 of Part B;,,,,,;
- 8 [Wrap]** Under ld hnds keeping trail hnds low ld W fwd into WRAP fwd R start 3/4 RF trn, fwd L to WRAP POS, fwd R comp RF trn fc LOD, tap L twds LOD (Under ld hnds fwd L twds WALL start a 3/4 LF trn, fwd R cont LF trn to WRAP, fwd L comp LF trn fc LOD, tap R twds LOD);

PART A

- 1-8 EXTENDED BFLY WALL POS, ,; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;;, SIDE CLOSE SCP LOD;

PART B

- 1-8 CONGA WALKS TO LINE; & BACK; PASSING FACING CONGA WALKS; & BACK TO BFLY WALL; LADY WRAP CHANGE SIDES LOP LOD; CONGA WALK TO LINE & BACK BFLY COH; LADY WRAP CHANGE SIDES BFLY WALL;

PART C

- 1-8 LADY CIRCLE UNDER 8;; MAN CIRCLE UNDER 8 TO BFLY;; OPEN BREAK; UNDERARM TURN TO A; LARIAT WITH MEN'S NECK WRAP; CUDDLE POS WALL;
9-16 ARM SLIDE; CP WALL; ROCK TURN FACE LOD; ROCK TURN FACE COH; ARM SLIDE; CP COH; ROCK TURN FACE RLOD; ROCK TURN FACE WALL;

PART AMOD

- 1-8 SEPARATION; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;;, SIDE CLOSE SCP LOD;

PART B4

- 1-4 CONGA WALKS TO LINE; & BACK; PASSING FACING CONGA WALKS; & BACK TO BFLY WALL;

PART C

- 1-8 LADY CIRCLE UNDER 8;; MAN CIRCLE UNDER 8 TO BFLY;; OPEN BREAK; UNDERARM TURN TO A; LARIAT WITH MEN'S NECK WRAP; CUDDLE POS WALL;
9-16 ARM SLIDE; CP WALL; ROCK TURN FACE LOD; ROCK TURN FACE COH; ARM SLIDE; CP COH; ROCK TURN FACE RLOD; ROCK TURN FACE WALL;

PART AMOD

- 1-8 SEPARATION; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;;, SIDE CLOSE CUDDLE POS WALL;

PART CMOD

- 1-8 ARM SLIDE; CP WALL; ROCK TURN FACE LOD; ROCK TURN FACE COH; ARM SLIDE; CP COH; ROCK TURN FACE RLOD; ROCK TURN FACE WALL;
9-12 BASIC; UNDERARM TURN TO CP WALL; SWING BASIC; TWICE FACE WALL;

PART AMOD

- 1-8 SEPARATION; LADY WRAP FACE COH; WHEEL ½ FACE WALL; UNWRAP TO FACE; UNDERARM TURN CP WALL; MERENGUE WHISK FACE WALL; FWD & BACK ROCK 6;;, SIDE CLOSE TO SCP LOD;

PART BMOD

- 1-8 CONGA WALKS TO LINE; & BACK; PASSING FACING CONGA WALKS; & BACK TO BFLY WALL; LADY WRAP CHANGE SIDES LOP LOD; CONGA WALK TO LINE & BACK BFLY COH; LADY WRAP TO FACE LOD & POINT;