La La Feelgud

Choreography by: Rachael McEnaney-White (UK/USA) June 2024

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Description: 2 walls, 64 counts, Intermediate/Advanced Line Dance
Music: La La (Feelgud Remix) - The Cab (3.22 mins). Itunes Link. Spotify Link
Count In: Dance begins 16 counts from start of track, dance starts on vocals
Notes: 2 tags at the end of walls 1 and 3, 2 restarts during 2nd wall and 5th wall
Videos: DEMO (free): www.vimeo.com/learnlinedance/LaLaFeelgudDemo
TEACH: www.vimeo.com/learnlinedance/LaLaFeelgud
QUICK WALK THROUGH (free): YouTubeLink

Section	Footwork	End Facing
1 - 8	**L heel grind making 1/4 turn left, L coaster step, R extended shuffle, 1/4 pivot left**	
1 2	Dig L heel forward taking weight [1] Make 1/4 turn left grinding heel into floor as you step R back [2]	9:00
3 & 4	Step L back [3] Step R next to L [&] Step L forward [4]	9:00
5 & 6 &	Step R forward [5] Step L next to R [&] Step R forward [6] Step L next to R [&]	9:00
7 8	Step R forward [7] Pivot 1/4 turn left (weight ends L) *for styling release R leg into a sweep*[8]	6:00
9 - 16	**R cross, L back, R ball, L cross, R back, L ball, R cross, L side, Twists L-R-L with 1/4 turn right hitching R**	
1 2 &	Cross R over L [1] Step L to left & slightly back [2] Step ball of R in place [&]	6:00
3 4 &	Cross L over R [3] Step R to right & slightly back [4] Step ball of L in place [&]	6:00
5 6	Cross R over L [5] Step L to left [6]	6:00
7 & 8	Twist both heels left [7] Twist both heels right [&] Make 1/4 turn right twisting both heels left hitching R knee [8]	9:00
17 - 24	**R fwd rock, R ball, Walk L-R, Heel switch L-R, L fwd, Knee pop**	
12&34	Rock R forward [1] Recover weight L [2] Step ball of R next to L [&] Step L forward [3] Step R forward [4]	9:00
5&6&	Touch L heel forward [5] Step L next to R [&] Touch R heel forward [6] Step R next to L [&]	9:00
7	Step L forward (weight remains mainly on R) [7]	9:00
& 8	Raise both heels up popping knees forward [&] Return both heels to floor transferring weight to R [8]	9:00
25 - 32	**Walk (march) back L-R, L touch back, 1/2 turn L, R fwd, 1/4 pivot L, R cross, L point**	
1 2 3 4	Step L back [1] Step R back [2] Touch L back [3] Make 1/2 turn left taking weight L [4] *Styling: "Marching" strong steps using arms to march back (L arm fwd 1, R arm fwd 2, L arm fwd 3, R arm fwd 4)*	3:00
5 6 7 8	Step R forward [5] Pivot 1/4 turn left [6] Cross R over L [7] Point L to left [8] *styling: Diva snap R arm on 8*	12:00
RESTART	2nd wall & 5th wall restart the dance here - both times you begin the wall facing 6:00 and restart facing 6:00	
33 - 40	**L cross, R side, L behind, R side, L cross, R side, Heel swivel L-R, L ball, R cross**	
1 2 3 & 4	Cross L over R [1] Step R to right [2] Cross L behind R [3] Step R to right [&] Cross L over R [4]	12:00
5 & 6	Step R to right [5] Swivel L heel in towards R [&] Return L heel to place [6]	12:00
& 7 & 8	Swivel R heel in towards L [&] Return R heel to place [7] Step in place on ball of L [&] Cross R over L [8]	12:00
41 - 48	**L side, R behind, L ball, R cross, L side, 1/2 sailor step R, big step L, R touch**	
1 2 & 3 4	Step L to left [1] Cross R behind L [2] Step ball of L to left [&] Cross R over L [3] Step L to left [4]	12:00
5 & 6	Cross R behind L [5] Step L next to R as you make 1/4 turn right [&] Make 1/4 turn right as you cross R over L [6]	6:00
7 8	Step L a big step to left [7] Touch R next to L [8]	6:00
49 - 56	**R diagonal shuffle, skate L, skate R with 1/8 turn R, L cross, R back, L cross, R back (with head look & snap)**	
1 & 2	Step R to right diagonal [1] Step L next to R [&] Step R to right diagonal [2]	6:00
3 4	Step L to left diagonal (swiveling on R) [3] Step R to right diagonal (swiveling on L] making 1/8 turn right [4]	6:00
5 6	Cross L over R [5] Step R back looking to 12:00 snapping fingers [6]	6:00
7 8	Cross L over R [7] Step R back looking to 12:00 snapping fingers [8]	6:00

57 - 64	**L CROSS, 1/8 TURN LEFT STEPPING R BACK, 1/2 TURN LEFT SHUFFLE, R FWD, 1/2 PIVOT L, R MAMBO WITH HIP PUSH**	
1 2	Cross L over R [1] Make 1/8 turn left stepping R back [2]	6:00
3 & 4	Make 1/4 turn left stepping L to L [3] Step R next to L [&] Make 1/4 turn left stepping L forward [4]	12:00
5 6	Step R forward [5] Pivot 1/2 turn left (weight ends L) [6]	6:00
7 & 8	Rock R forward [7] recover weight L [&] Step R next to left pushing hips back [8]	6:00
TAG	**AT THE END OF WALL 1 (FACING 6:00) AND WALL 3 (FACING 12:00) DO THE FOLLOWING 8 COUNTS**	
	4 WALKS MAKING FULL TURNING CIRCLE LEFT, 4 WALKS FORWARD RAISING ARMS UP	
1 2 3 4	Make a full turn left walking round in a circle L-R-L-R	
5 6 7 8	Walk forward L-R-L-R (styling option to raise both arms up during these 4 counts)	

START AGAIN ☺ HAVE FUN