My Shalala Lala (RMX)

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Claudia Arndt (DE) - January 2026
Music: Shalala Lala (RMX) - SONIC MUSIC

Note: The dance begins with an intro, then the dance begins after a short break on "My Heart goes".

Intro

I1: ¼ turn l, stomp up side, hold

1–8	1/4 turn left and stomp right foot next to left (without changing weights), hold [2–8] (9 o'clock)

I2: ¼ turn l, stomp-stomp, hold

&1–8	1/4 turn left round, right foot next to left and left foot next to right stamp, hold [2–8] (6 o'clock)

I3–4: repeat I1 + I2
Repeat 1–16 step sequences I1 + I2 (12 o'clock)

S1: Side, behind, ¼ turn r, shuffle forward, step, pivot ¼ r, shuffle across

1–2	Step right with right, left foot behind right cross
3&4	1/4 Turn to the right and step forward with the right, put the left foot to the right and step forward with his right hand (3 o'clock)
5–6	Step forward with the left, 1/4 turn to the right on both balls, weight at the end on the right (6 o'clock)
7&8	Cross your left foot far over your right, take a small step to the right and cross your left foot far above your right

S2: Side, hold & side, touch, rolling vine l (vine l)

1–2	Step right with right, hold
3&4	Move your left foot close to your right and step to the right with your right, tap your left foot next to your right
5–8	3 steps to the left, making a full turn to the left (l – r – l), right foot next to tap on the left

Restart:
In the 3rd round, towards 12 o'clock, break off here and start again
In the 11th lap, towards 3 o'clock, break off here and start again

S3: ¼ Monterey turn r, jazz box turning ¼ r

1–2	Tap the tip of your right foot on the right, turn 1/2 to the right and put your right foot close to the left (9 o'clock)
3–4.	Tap the tip of your left foot on the left, place your left foot close to your right foot
5–6	Cross your right foot over your left, turn right and step backwards with your left (12 o'clock)
7–8	Step right with right, step forward with left

S4: Jazz box turning ¼ r, rocking chair

1–2	Cross right foot over left, turn right and step backwards with left (3 o'clock)
3–4	Step right with right, step forward with left
5–6	Step forward with the right, weight back on the left foot
7–8	Step backwards with your right foot, weight back on your left foot

End:
The dance ends after 5–6 in the 12th round, towards 6 o'clock.
Finally, turn 1/2 to the right and step forward with your right, 12 o'clock.

Repetition to the end

Step description created by Get in Line

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