

(Sweat) A La La La Long

Count: 32 Wall: 4 Level: Improver

Choreographer: Raymond Sarlemijn, Jonas Dahlgren & Roy Hadisubroto – April 2017

Music: (Sweat) a la la la long by Inner Circle



CROSS ROCK X2 FWD SHUFFLE R, MAMBO FORWARD STEP BACK

- 1 RFCross over LF
- & LFRecover
- 2 RFStep R
- 3 LFCross over RF
- & RFRecover
- 4 LFStep L
- 5 RFStep Fwd
- & LFStep next to RF
- 6 RF Step Fwd
- 7 LFStep Fwd
- & RFRecover
- 8 LFStep back

STEP BACK X3, SIZZORSTEP L, PADDLETURN ½ L

- 1 RFStep back
- & LFStep back
- 2 RFStep back
- 3 LFStep L
- & RFStep next to LF
- 4 LFCross over RF
- 5 RFPaddle 1/8 L
- & LFRecover weight
- 6 RFPaddle 1/8
- & LFRecover weight
- 7 RFPaddle 1/8 L
- & LFRecover weight
- 8 RFCross over LF

SCISSOR STEP, TURN ¼ L X2 CROSS, OUT, OUT OUT, TOE HEEL TOE

- 1 LFStep L
- & RFStep next to LF
- 2 LFCross over RF
- 3 RF Step Back turning ¼ L
- & LFStep L turning ¼ L
- 4 RFCross over LF
- 5 LFStep out L
- & RFStep out R
- 6 LFStep out L
- 7 BFTwist both toes inwards

- & BFTwist both heels inwards
- 8 BFTwist both toes together

STEP LOCK STEP FWD R&L WALK R,L,R,L TURN $\frac{3}{4}$

- 1 RFStep diagonally Fwd R
- & LFStep behind RF
- 2 RF Step diagonally Fwd R
- 3 LFStep diagonally Fwd L
- & RFStep behind LF
- 4 LFStep diagonally Fwd L
- 5 RFStep $\frac{1}{4}$ R
- 6 LFCross over RF turning $\frac{1}{8}$ R
- 7 RFStep $\frac{1}{4}$ R
- 8 LFStep Fwd

No Tags, No Restarts

Enjoy :)