

(Sweat) A La La La La Long

Choreographer: Raymond Sarlemijn, Jonas Dahlgren & Roy Hadisubroto

Count: 32

Wall: 4

Level: Improver

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



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CROSS ROCK X2 FWD SHUFFLE R, MAMBO FORWARD STEP BACK

- 1-&-2 (1) RF cross rock over LF (&) LF Recover (2) RF step right
- 3-&-4 (3) LF cross rock over RF (&) RF recover (4) LF step left
- 5-&-6 (5) RF step fwd (&) LF step next to RF (6) RF step Fwd
- 7-&-8 (7) LF step Fwd (&) RL recover (8) LF step back

STEP BACK X3, SCISSORSTEP L, PADDLETURN ½ L

- 1-&-2 (1) RF step back (&) LF step back (2) RF step back
- 3-&-4 (3) LF step left (&) RF step next to LF (4) LF cross over RF
- 5-&-6 (5) RF paddle 1/8 left (&) LF recover weight (6) RF paddle 1/8 left
- 7-&-8 (7) RF paddle 1/8 left (&) LF recover weight (8) RF cross over LF

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

- 1-&-2 (1) LF step left (&) RF step next to LF (2) LF step cross over RF
- 3-&-4 (3) RF step back Turning 1/4 left (&) LF step left Turning ¼ left (4) RF step cross over LF
- 5-&-6 (5) LF step out left (&) RF step out right (6) LF step out left
- 7-&-8 (7) twist both toes inwards (&) twist both heels inwards (8) twist both toes together

STEP LOCK STEP FWD R&L WALK R,L,R,L TURN ¾

- 1-&-2 (1) RF step diagonally Fwd right (&) LF step behind RF (2) RF step diagonally Fwd right
- 3-&-4 (3) LF step diagonally Fwd left (&) RF step behind LF (4) LF step diagonally Fwd left
- 5-6 (5) RF step 1/4 right (6) LF cross over RF with turning 1/8 right
- 7-8 (7) RF step 1/4 right (8) LF step Fwd

Start Again

