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(Sweat) A La La La La Long

32 Count, 4 Wall, Improver

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

Choreographed to: (Sweat) A La La La La Long by Inner Circle

S1 Cross Rock X2 Fwd Shuffle R, Mambo Forward Step Back

1RF Cross over LF
&LF Recover
2RF Step R
3LF Cross over RF
&RF Recover
4LF Step L
5RF Step Fwd
&LF Step next to RF
6RF Step Fwd
7LF Step Fwd
&RF Recover
8LF Step back

S2 Step Back X3, Sizzorstep L, Paddleturn ½ L

1RF Step back
&LF Step back
2RF Step back
3LF Step L
&RF Step next to LF
4LF Cross over RF
5RF Paddle 1/8 L
&LF Recover weight
6RF Paddle 1/8
&LF Recover weight
7RF Paddle 1/8 L
&LF Recover weight
8RF Cross over LF

S3 Scissor Step, Turn ¼ L X2 Cross, Out, Out Out, Toe Heel Toe

1LF Step L
&RF Step next to LF
2LF Cross over RF
3RF Step Back turning ¼ L
&LF Step L turning ¼ L
4RF Cross over LF
5LF Step out L
&RF Step out R
6LF Step out L
7BF Twist both toes inwards
&BF Twist both heels inwards
8BF Twist both toes together

S4 Step Lock Step Fwd R&L Walk R,L,R,L Turn $\frac{3}{4}$

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

No Tags, No Restarts

Enjoy :)
