|  |  |
| --- | --- |
| A La La La La Long |  |

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| . |
| **Count:** | 48 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Roosamekto Mamek (INA) - March 2020 |
| **Music:** | Me Gusta - Shakira & Anuel AA |
| . |

**Intro: 16 count - NO TAG, NO RESTART**

**S1. SIDE MAMBO, FORWARD MAMBO, BACK MAMBO**

|  |  |
| --- | --- |
| 1&2 | Rock R to side – Recover on L – Step R together (12:00) |

|  |  |
| --- | --- |
| 3&4 | Rock L to side – Recover on R – Step L together |

|  |  |
| --- | --- |
| 5&6 | Rock R forward – Recover on L – Step R back |

|  |  |
| --- | --- |
| 7&8 | Rock L back – Recover on R – Step L forward (12:00) |

**S2. MAMBO CROSS, SIDE, CROSS SHUFFLE**

|  |  |
| --- | --- |
| 1&2& | Rock R to side – Recover on L – Cross R over L – Step L to side (12:00) |

|  |  |
| --- | --- |
| 3&4 | Cross R over L – Step L to side – Cross R over L |

|  |  |
| --- | --- |
| 5&6& | Rock L to side – Recover on R – Cross L over R – Step R to side |

|  |  |
| --- | --- |
| 3&4 | Cross L over R – Step R to side – Cross L over R (12:00) |

**S3. SIDE , TOUCH, SIDE TURN 1/4 LEFT, TOUCH, SIDE, TOUCH, FORWARD LOCK SHUFFLE**

|  |  |
| --- | --- |
| 1&2& | Step R to side – Touch L together – Step L to side – Touch R together |

|  |  |
| --- | --- |
| 3&4& | Turn 1/4 left step R to side – Touch L together – Step L to side – Touch R together (9:00) |

|  |  |
| --- | --- |
| 5&6 | Step R forward – Lock L behind R – Step R forward |

|  |  |
| --- | --- |
| 7&8 | Step L forward – Lock R behind L – Step L forward (9:00) |

**S4. FORWARD ROCK, RECOVER, SIDE TURN, VOLTA TURN 3/4 RIGHT**

|  |  |
| --- | --- |
| 1&2 | Rock R forward – Recover on L – Turn 1/4 right step R to side (12:00) |

|  |  |
| --- | --- |
| 3&4 | Rock L forward – Recover on R – Turn 1/4 left step L to side (9:00) |

|  |  |
| --- | --- |
| 5&6& | Turn 1/4 cross R over L (12:00) – Step L to side – Turn 1/4 right cross R over L (3:00) – Step L to side |

|  |  |
| --- | --- |
| 7&8 | Turn 1/4 right cross R over L (6:00) – Step L to side – Cross R over L (6:00) |

**S5. SAMBA WHISK, SIDE, TOUCH, SHUFFLE TURN 1/4 LEFT**

|  |  |
| --- | --- |
| 1&2 | Step L to side – Rock R behind L – Recover on L (6:00) |

|  |  |
| --- | --- |
| 3&4 | Step R to side – Rock L behind R – Recover on R |

|  |  |
| --- | --- |
| 5&6& | Step L to side – Touch R together – Step R to side – Touch L together |

|  |  |
| --- | --- |
| 7&8 | Turn 1/4 left step L forward – Step R together – Step L forward (3:00) |

**S6. CROSS ROCK, DIAMOND SHAPE TURN 1/4 RIGHT**

|  |  |
| --- | --- |
| 1&2 | Cross/Rock R over L – Recover on L – Step R to side (3:00) |

|  |  |
| --- | --- |
| 3&4 | Cross/Rock L over R – Recover on R – Step L to side |

|  |  |
| --- | --- |
| 5&6 | Cross R over L – Step L to side – Turn 1/8 right step R back (4:30) |

|  |  |
| --- | --- |
| 7&8 | Step L back – Turn 1/8 right step R to side – Step L forward (6:00) |

**REPEAT**

**For more info about step sheet & song, please contact:**

**Mamek : Roosamekto.Nugroho@gmail.com**