Alalalalong Cha Cha

Count: 48 **Wall:** 1 **Level:** Intermediate/Advanced
Choreographer: Irene Groundwater (CAN) & Randy Morlanston (CAN)
Music: Sweat (Alalalalong) - I & R Lewis

SIDE, BACK, FORWARD, SIDE, TOGETHER

1	Side step left
2	Right back
3	Left forward
4	Side step right
&	Close left to right

SIDE, TOGETHER, SIDE, FORWARD, LOCK

5	Side step right
&	Close left to right
6	Side step right
7	Left forward
8	Lock right behind left (right knee touches upper calf of left leg)

FORWARD, FORWARD ¼ TURN RIGHT, FORWARD ¼ TURN RIGHT, SPANISH KICK STEP, TOGETHER

9	Left forward
10	Right forward into ¼ turn right (using small pivot)
11	Left forward into ¼ turn right (using small pivot)
12	Right forward into Spanish kick step (kick step is done kicking back with the left foot)
&	Left together

FORWARD, FORWARD ¼ TURN LEFT, FORWARD ¼ TURN LEFT, SPANISH KICK STEP, TOGETHER

13	Right forward
14	Left forward into ¼ turn left (using small pivot)
15	Right forward into ¼ turn left (using small pivot)
16	Left forward into Spanish kick step (kick step is done kicking back with the right foot)
&	Right together

KICK, BALL, CHANGE, TOUCH, FORWARD PIVOT ½ TURN LEFT

17	Kick left foot down then forward
&	Step on left ball
18	Right steps in place
19	Left toe touches beside right instep
20	Left forward pivoting ½ turn left on left ball

KICK, BALL, CHANGE, TOUCH, FORWARD PIVOT ½ TURN RIGHT

21	Kick right foot down then forward
&	Step on right ball
22	Left steps in place
23	Right toe touches beside left instep
24	Right forward pivoting ½ turn right on right ball

SIDE, BACK, FORWARD, FORWARD, TOGETHER

25	Side step left
26	Right back
27	Left forward

28 Right forward
& Left together

BACK, FORWARD, LOCK, PIVOT ½ TURN LEFT, RIGHT TOGETHER

29 Right back
30 Left forward
31 Lock right behind left (right knee touches upper calf of left leg)
32 Left forward into pivot ½ turn left on left ball keeping right beside left on pivot
& Right together (end step with weight on right)

BACK, TOGETHER, FORWARD, TOUCH, FORWARD, PIVOT ½ TURN RIGHT

33 Left back
& Right together
34 Left forward
35 Right toe touches beside left instep
36 Right forward into pivot ½ turn right on right ball keeping left beside right on pivot

TOGETHER, BACK, TOGETHER, FORWARD, TOUCH

37 Left together (end step with weight on left)
38 Right back
& Left together
39 Right forward
40 Left toe touches beside right instep

SIDE, BACK, IN PLACE, SIDE, TOGETHER

41 Side step left
42 Right back
43 Left in place
44 Side step right
& Left together

FOUR FORWARD STEPS TURNING RIGHT, TOGETHER

45 Right forward into ¼ turn right (using small pivot)
46 Left forward into ¼ turn right (using small pivot)
47 Right forward into ¼ turn right (using small pivot)
48 Left forward into ¼ turn right (using small pivot)
& Right together

REPEAT

FINISH

After the 6th repetition, dance steps 1-16 of the dance and then dance the following 2 counts to end the dance

SIDE, DRAG

17 Side step left
18 Drag right to left
