(Sweat) A La La La La Long

Compte: 32 **Mur:** 4 **Niveau:** Improver

Chorégraphe: Raymond Sarlemijn (NL), Jonas Dahlgren (SWE) & Roy Hadisubroto (NL) - April 2017

Musique: Sweat (A La La La La Long) - Inner Circle

CROSS ROCK X2 FWD SHUFFLE R, MAMBO FORWARD STEP BACK

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

STEP BACK X3, SIZZORSTEP L, PADDLETURN ½ L

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

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

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

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

1	RF☐Step diagonally Fwd R

&	LF☐Step behind RF
2	RF ☐Step diagonally Fwd R
3	LF☐Step diagonally Fwd L
&	RF☐Step behind LF
4	LF☐Step diagonally Fwd L
5	RF☐Step ¼ R
6	LF☐Cross over RF turning 1/8 R
7	RF☐Step 1/4 R
8	LF☐Step Fwd

No Tags, No Restarts

Enjoy :)
