

# Alalalalong

Compte: 48

Mur: 1

Niveau: Intermediate

Chorégraphe: Irene Groundwater (CAN)

Musique: Sweat (Alalalalong) - I & R Lewis



## **SIDE, BACK, FORWARD, SIDE-TOGETHER-SIDE**

- 1-2-3 Sidestep left, right back, left forward  
4&5 Sidestep right, close left to right, sidestep right

## **TOGETHER-SIDE, FORWARD, LOCK, FORWARD, LOCK**

- &6-7 Close left to right, sidestep right, forward left  
8&9 Lock right behind left, left forward, lock right behind left

## **FORWARD, BACK, PIVOT ½ TURN LEFT, LEFT, FORWARD, LOCK, FORWARD**

- &10&11 Left forward, right back, right heel pivot ½ turn left, left forward  
12&13 Right forward, lock left behind right, right forward

## **BACK, PIVOT ½ TURN RIGHT, RIGHT FORWARD, SIDE-TOGETHER-SIDE**

- 14-15 Left back, left heel pivot ½ turn right, right forward  
16&17 Sidestep left, close right to left, sidestep left

## **BEHIND, SIDE, SIDE, KICK, BALL, CHANGE**

- 18&19 Right behind left, sidestep left, sidestep right  
20&21 Kick left foot forward, step down on left ball, right steps in place

## **ROCK FORWARD, ROCK BACK, ROCK FORWARD, FORWARD, BACK, BACK**

- 22&23 Rock left forward, rock back on right, rock left forward  
24&25 Right forward, left back, right back

## **TOUCH LEFT TOE TO RIGHT SIDE OF RIGHT FOOT, FORWARD, SIDE-TOGETHER-SIDE**

- 26-27 Touch left toe to right side of right foot, left forward  
28&29 Sidestep right, close left to right, sidestep right

## **ROLL HIPS IN CIRCULAR MOTION COUNTER TO THE RIGHT**

- 30-31-32 Rolls hips in a circle towards the left (twice)

## **KICK, BALL, CHANGE, FORWARD, FORWARD**

- 33&34 Kick left foot forward, step down on left ball, right steps in place  
35-36 Left forward, right forward

## **LOCK, FORWARD, ½ TURN LEFT (WEIGHT ON RIGHT), SIDESTEP, SIDESTEP, CENTER**

- &37 Lock left behind right, right forward  
38 Pivot ½ turn left on both feet (end with weight on right foot)  
39-40& Sidestep left, sidestep right, step left in center

## **CROSS, SIDESTEP, REPLACE, FORWARD, SIDESTEP, REPLACE, FORWARD**

- 41&42-43 Cross right over left, sidestep left, replace weight on right, left forward  
44&45 Sidestep right, replace weight on left, right forward

## **FORWARD, ½ TURN RIGHT, SIDESTEP, CLOSE**

- 46-47 Left forward, pivot ½ turn right on both feet (end with weight on right foot)  
48& Sidestep left, close right to left

**REPEAT**

**TAG**

Dance pattern 6 times, then steps 17-32 keep rotating hips for two more counts.

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