

# (SWEAT) A LA LA LA LA LONG

**Choreographer:** Raymond Sarlemijn, Jonas Dahlgren & Roy Hadisubroto

**Description:** 32 counts, 4 walls, Improver Line Dance

**Music:** (Sweat) A La La La La Long by Inner Circle

**Intro:** ..... counts (00:.....)

## 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 ¼

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

**REPEAT**

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