

# Alalalalong Cha Cha

Count: 48

Wand: 1

Ebene: Intermediate/Advanced

Choreograf/in: Irene Groundwater (CAN) & Randy Morlanston (CAN)

Musik: 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

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