

# (Sweat) A La La La La Long

**COPPER** **KNOB**  
STEPSHEETS

Count: 32

Wall: 4

Level: Improver

Choreographer: Raymond Sarlemijn (NL), Jonas Dahlgren (SWE) & Roy Hadisubroto (IRE) -  
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Music: 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  $\frac{1}{4}$  R
- 6 LF □ Cross over RF turning  $\frac{1}{8}$  R
- 7 RF □ Step  $\frac{1}{4}$  R
- 8 LF □ Step Fwd

**No Tags, No Restarts**

**Enjoy :)**

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