

Alalalong

Count: 48

Wall: 1

Level: Intermediate

Choreographer: Irene Groundwater (CAN)

Music: Sweat (Alalalong) - 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.
