

# (Sweat) A La La La La Long

**COPPER** **KNOB**  
STEPSHEETS

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

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**Musique:** 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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