

A La La La Long

Compte: 48

Mur: 2

Niveau: Improver

Chorégraphe: Roosamekto Mamek (INA) - March 2020

Musique: Me Gusta - Shakira & Anuel AA



Intro: 16 count - NO TAG, NO RESTART

S1. SIDE MAMBO, FORWARD MAMBO, BACK MAMBO

- 1&2 Rock R to side – Recover on L – Step R together (12:00)
- 3&4 Rock L to side – Recover on R – Step L together
- 5&6 Rock R forward – Recover on L – Step R back
- 7&8 Rock L back – Recover on R – Step L forward (12:00)

S2. MAMBO CROSS, SIDE, CROSS SHUFFLE

- 1&2& Rock R to side – Recover on L – Cross R over L – Step L to side (12:00)
- 3&4 Cross R over L – Step L to side – Cross R over L
- 5&6& Rock L to side – Recover on R – Cross L over R – Step R to side
- 3&4 Cross L over R – Step R to side – Cross L over R (12:00)

S3. SIDE , TOUCH, SIDE TURN 1/4 LEFT, TOUCH, SIDE, TOUCH, FORWARD LOCK SHUFFLE

- 1&2& Step R to side – Touch L together – Step L to side – Touch R together
- 3&4& Turn 1/4 left step R to side – Touch L together – Step L to side – Touch R together (9:00)
- 5&6 Step R forward – Lock L behind R – Step R forward
- 7&8 Step L forward – Lock R behind L – Step L forward (9:00)

S4. FORWARD ROCK, RECOVER, SIDE TURN, VOLTA TURN 3/4 RIGHT

- 1&2 Rock R forward – Recover on L – Turn 1/4 right step R to side (12:00)
- 3&4 Rock L forward – Recover on R – Turn 1/4 left step L to side (9:00)
- 5&6& Turn 1/4 cross R over L (12:00) – Step L to side – Turn 1/4 right cross R over L (3:00) – Step L to side
- 7&8 Turn 1/4 right cross R over L (6:00) – Step L to side – Cross R over L (6:00)

S5. SAMBA WHISK, SIDE, TOUCH, SHUFFLE TURN 1/4 LEFT

- 1&2 Step L to side – Rock R behind L – Recover on L (6:00)
- 3&4 Step R to side – Rock L behind R – Recover on R
- 5&6& Step L to side – Touch R together – Step R to side – Touch L together
- 7&8 Turn 1/4 left step L forward – Step R together – Step L forward (3:00)

S6. CROSS ROCK, DIAMOND SHAPE TURN 1/4 RIGHT

- 1&2 Cross/Rock R over L – Recover on L – Step R to side (3:00)
- 3&4 Cross/Rock L over R – Recover on R – Step L to side
- 5&6 Cross R over L – Step L to side – Turn 1/8 right step R back (4:30)
- 7&8 Step L back – Turn 1/8 right step R to side – Step L forward (6:00)

REPEAT

For more info about step sheet & song, please contact:

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