

# A La La Long

**Compte:** 32

**Mur:** 4

**Niveau:** Improver

**Chorégraphe:** Vitri Sudjati (INA) & Mei Mei (INA) - November 2022

**Musique:** Sweat (A La La La La Long) - Inner Circle



**Intro : 48 Count**

## **S1. Heel Tap Forward, Touch Toe Together, Chassee R, ¼ Left Turn Sailor Step, Kick Ball Touch**

- 1 2 Tap RF Heel Diagonal Forward R (1), Touch RF toe next to LF (2)  
3&4 Step RF to R side (3), Step LF beside R (&), Step RF to R side (4)  
5&6 Turn ¼ left Step LF behind RF (5), Step RF beside LF (&), Step LF slightly forward (6)  
7&8 Kick RF forward (7), Close RF beside LF (&), Touch LF to side (8)

## **S2. Botafogo R L , ¼ Turn R Walk L R , ¼ Turn R Run Forward L R L**

- 1&2 Cross LF over RF (1) , Rock RF to R (&), Recover weight on L (2)  
3&4 Cross RF over LF (3), Rock LF to L (&), Recover weight on R (4)  
5 6 Turn ¼ right Step LF forward (5), Turn ¼ right Step RF forward (6)  
7&8 Turn ¼ right Step LF forward (7), Step RF forward (&), Step LF forward (8)

## **S3. Scissor Step , ¼ Turn R Travelling Turn, Step LF forward, Shuffle R Forward, Pivot ¼ R , Step LF Forward**

- 1&2 Step RF to R side (1), Close LF next to RF (&), Cross RF over LF (2)  
3&4 Turn ¼ right Step LF back (3), Turn ¼ right Step RF to side (&), Step LF forward (4)  
5&6 Step RF forward (5), Step LF beside RF (&), Step RF forward (6)  
7&8 Step LF forward (7), Turn ¼ right weight on RF (&), Step LF forward (8)

## **S4. L Cross Rock, R Cross Rock, Forward Mambo, Coaster Step**

- 1 2 Cross RF over LF (1), Recover on LF (&), Step RF to R (2)  
3&4 Cross LF over RF (3), Recover on RF (&), Step LF to L (4)  
5&6 Step RF forward (5), Recover on LF (&), Step RF back (6)  
7&8 Step LF back (7), Close RF beside LF (&), Step LF forward (8)

**Enjoy the dance**

**Contact Us :**

[Savitri42025@gmail.com](mailto:Savitri42025@gmail.com)

[beautylinedancemeimei5811@gmail.com](mailto:beautylinedancemeimei5811@gmail.com)