

# (Sweat) A La La La La Long

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Raymond Sarlemijn (NL), Jonas Dahlgren (SWE) & Roy Hadisubroto (IRE) - April  
2017  
音乐: 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 ¼ R
- 6 LF □ Cross over RF turning 1/8 R
- 7 RF □ Step 1/4 R
- 8 LF □ Step Fwd

**No Tags, No Restarts**

**Enjoy :)**

---