

# A La La La Long

COPPERKNOB  
STEP SHEETS

拍数: 48                      墙数: 2                      级数: Improver  
编舞者: Roosamekto Mamek (INA) - March 2020  
音乐: 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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