

# Sweat A-La-La-La

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: David Ang (MY) - September 2023  
音乐: Sweat (A La La La La Long) - Inner Circle



**Intro: 16 counts (approx 12 secs)**

**Tag: Repeat Count 17 – 32 at the end of Wall 6 and Wall 9**

**Restart: On Wall 7, dance up to Count 16 then restart facing 3:00**

## **[1 - 8] Press R Forward, Press R to Side, Behind ¼ L Forward, L – R Scissors Cross**

1 & 2 &      Press R forward (1), recover on L (&), press R to R (2), recover on L (&) 12:00  
3 & 4      Step R behind L (3), ¼ L step L forward (&), step R forward (4) 9:00  
5 & 6      Step L to L (5), step R next to L (&), cross L over R (6) 9:00  
7 & 8      Step R to R (7), step L next to R (&), cross R over L (8) 9:00

## **[9 - 16] Paddle Full Turn R, Forward Mambo, Back Mambo**

1 & 2 &      Step L forward (1), ¼ turn R weight on R (&), step L forward (2), ¼ turn R weight on R (&) 3:00  
3 & 4      Step L forward (3), ½ turn R weight on R (&), step L forward (4) 9:00  
5 & 6      Step R forward (5), recover on L (&), step R back (6) 9:00  
7 & 8      Step L back (7), recover on R (8), step R forward (8) 9:00

**Restart here on Wall 7 facing 3:00**

## **[17 - 24] R – L Side Together Side Touch, Point Forward Together 4x**

1 & 2 &      Step R to R (1), step L next to R (&), step R to R (2), touch L next to R (&) 9:00  
3 & 4 &      Step L to L (3), step R next to L (&), step L to L (4), touch R next to L (&) 9:00  
5 & 6 &      Point R forward (5), step R next to L (&), point L forward (6), step L next to R (&) 9:00  
7 & 8 &      Point R forward (7), step R next to L (&), point L forward (&), step L next to R (&) 9:00

## **[25 - 32] Back Rock, Forward Rock**

1 & 2      Rock R back (1), recover on L (&), step R next to L (2) 9:00  
3 & 4      Rock L back (3), recover on R (&), step L next to R (4) 9:00  
5 & 6      Rock R forward (5), recover on L (&), step R next to L (6) 9:00  
7 & 8      Rock L forward (7), recover on R (&), step L next to R (8) 9:00

**Tag: Repeat Count 17 – 32 after Wall 6 facing 6:00 and Wall 9 facing 9:00**

**Ending: Dance ends facing 9:00 of Wall 9, make a ¼ turn R stepping R to R side and pose facing 12:00**

**Enjoy!**

**Last Update - 31 Aug 2023**