

# Sweat (A La La La Long)

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Setsuko Motoki (JP)  
音乐: Sweat (A La La La La Long) - Inner Circle



## FORWARD, TOUCH, FORWARD, TOUCH, BACK, TOUCH, BACK, TOUCH

1-2      Right step diagonally forward, left touch beside right with snap  
3-4      Left step diagonally forward, right touch beside left with snap  
5-6      Right step diagonally back, left touch beside right with snap  
7-8      Left step diagonally back, right touch beside left with snap

## WALK BACK WITH SHIMMY, TOGETHER, 3 TIMES, RIGHT COASTER

1&2      Right step back with shimmy, left step beside right  
3&4      Reverse above 1&2  
5&6      Reverse above 1&2  
7&8      Right step back, left step beside right, right step forward

## SHUFFLE ¼ TURN LEFT, SHUFFLE ½ TURN RIGHT, ROCK, RECOVER, SHUFFLE ½ TURN LEFT

1&2      Left step side left with ¼ turn left, right step beside left, left step forward  
3&4      Right step side right with ½ turn right, left step beside right, right step forward  
5-6      Rock forward on left, recover to right  
7&8      Left step back with ½ turn left, right step beside left, left step forward

## SWAY, SWAY, RIGHT SAILOR, UNWIND ½ TURN LEFT

1-2      Sway right while stepping on right, hold with snap  
3-4      Sway left while stepping on left, hold with snap  
5&6      Right step behind left, left step beside right, right step slightly forward  
7-8      Left touch behind right with unwind ½ turn left (finish weight on left)

REPEAT

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