

(Sweat) A La La La La Long

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Raymond Sarlemijn (NL), Jonas Dahlgren (SWE) & Roy Hadisubroto (NL) - April 2017
音樂: 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 $\frac{1}{4}$ R
- 6 LF □ Cross over RF turning $\frac{1}{8}$ R
- 7 RF □ Step $\frac{1}{4}$ R
- 8 LF □ Step Fwd

No Tags, No Restarts

Enjoy :)
