

# A La La Long

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Improver  
編舞者: Vitri Sudjati (INA) & Mei Mei (INA) - November 2022  
音樂: Sweat (A La La La La Long) - Inner Circle



Intro : 48 Count

## S1. Heel Tap Forward, Touch Toe Together, Chassee R, ¼ Left Turn Sailor Step, Kick Ball Touch

1 2      Tap RF Heel Diagonal Forward R (1), Touch RF toe next to LF (2)  
3&4      Step RF to R side (3), Step LF beside R (&), Step RF to R side (4)  
5&6      Turn ¼ left Step LF behind RF (5), Step RF beside LF (&), Step LF slightly forward (6)  
7&8      Kick RF forward (7), Close RF beside LF (&), Touch LF to side (8)

## S2. Botafogo R L , ¼ Turn R Walk L R , ¼ Turn R Run Forward L R L

1&2      Cross LF over RF (1) , Rock RF to R (&), Recover weight on L (2)  
3&4      Cross RF over LF (3), Rock LF to L (&), Recover weight on R (4)  
5 6      Turn ¼ right Step LF forward (5), Turn ¼ right Step RF forward (6)  
7&8      Turn ¼ right Step LF forward (7), Step RF forward (&), Step LF forward (8)

## S3. Scissor Step , ¼ Turn R Travelling Turn, Step LF forward, Shuffle R Forward, Pivot ¼ R , Step LF Forward

1&2      Step RF to R side (1), Close LF next to RF (&), Cross RF over LF (2)  
3&4      Turn ¼ right Step LF back (3), Turn ¼ right Step RF to side (&), Step LF forward (4)  
5&6      Step RF forward (5), Step LF beside RF (&), Step RF forward (6)  
7&8      Step LF forward (7), Turn ¼ right weight on RF (&), Step LF forward (8)

## S4. L Cross Rock, R Cross Rock, Forward Mambo, Coaster Step

1 2      Cross RF over LF (1), Recover on LF (&), Step RF to R (2)  
3&4      Cross LF over RF (3), Recover on RF (&), Step LF to L (4)  
5&6      Step RF forward (5), Recover on LF (&), Step RF back (6)  
7&8      Step LF back (7), Close RF beside LF (&), Step LF forward (8)

Enjoy the dance

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