

Sweat (A La La La Long)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Improver
編舞者: Setsuko Motoki (JP)
音樂: 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
