

# Alalalalong

拍數: 48      牆數: 1      級數: Intermediate  
編舞者: Irene Groundwater (CAN)  
音樂: Sweat (Alalalalong) - I & R Lewis



## **SIDE, BACK, FORWARD, SIDE-TOGETHER-SIDE**

1-2-3      Sidestep left, right back, left forward  
4&5      Sidestep right, close left to right, sidestep right

## **TOGETHER-SIDE, FORWARD, LOCK, FORWARD, LOCK**

&6-7      Close left to right, sidestep right, forward left  
8&9      Lock right behind left, left forward, lock right behind left

## **FORWARD, BACK, PIVOT ½ TURN LEFT, LEFT, FORWARD, LOCK, FORWARD**

&10&11      Left forward, right back, right heel pivot ½ turn left, left forward  
12&13      Right forward, lock left behind right, right forward

## **BACK, PIVOT ½ TURN RIGHT, RIGHT FORWARD, SIDE-TOGETHER-SIDE**

14-15      Left back, left heel pivot ½ turn right, right forward  
16&17      Sidestep left, close right to left, sidestep left

## **BEHIND, SIDE, SIDE, KICK, BALL, CHANGE**

18&19      Right behind left, sidestep left, sidestep right  
20&21      Kick left foot forward, step down on left ball, right steps in place

## **ROCK FORWARD, ROCK BACK, ROCK FORWARD, FORWARD, BACK, BACK**

22&23      Rock left forward, rock back on right, rock left forward  
24&25      Right forward, left back, right back

## **TOUCH LEFT TOE TO RIGHT SIDE OF RIGHT FOOT, FORWARD, SIDE-TOGETHER-SIDE**

26-27      Touch left toe to right side of right foot, left forward  
28&29      Sidestep right, close left to right, sidestep right

## **ROLL HIPS IN CIRCULAR MOTION COUNTER TO THE RIGHT**

30-31-32      Rolls hips in a circle towards the left (twice)

## **KICK, BALL, CHANGE, FORWARD, FORWARD**

33&34      Kick left foot forward, step down on left ball, right steps in place  
35-36      Left forward, right forward

## **LOCK, FORWARD, ½ TURN LEFT (WEIGHT ON RIGHT), SIDESTEP, SIDESTEP, CENTER**

&37      Lock left behind right, right forward  
38      Pivot ½ turn left on both feet (end with weight on right foot)  
39-40&      Sidestep left, sidestep right, step left in center

## **CROSS, SIDESTEP, REPLACE, FORWARD, SIDESTEP, REPLACE, FORWARD**

41&42-43      Cross right over left, sidestep left, replace weight on right, left forward  
44&45      Sidestep right, replace weight on left, right forward

## **FORWARD, ½ TURN RIGHT, SIDESTEP, CLOSE**

46-47      Left forward, pivot ½ turn right on both feet (end with weight on right foot)  
48&      Sidestep left, close right to left

**REPEAT**

**TAG**

Dance pattern 6 times, then steps 17-32 keep rotating hips for two more counts.

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