

# Alalalalong Cha Cha

**COPPER KNOB**  
STEPSHEETS

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



## SIDE, BACK, FORWARD, SIDE, TOGETHER

1            Side step left  
2            Right back  
3            Left forward  
4            Side step right  
&            Close left to right

## SIDE, TOGETHER, SIDE, FORWARD, LOCK

5            Side step right  
&            Close left to right  
6            Side step right  
7            Left forward  
8            Lock right behind left (right knee touches upper calf of left leg)

## FORWARD, FORWARD ¼ TURN RIGHT, FORWARD ¼ TURN RIGHT, SPANISH KICK STEP, TOGETHER

9            Left forward  
10           Right forward into ¼ turn right (using small pivot)  
11           Left forward into ¼ turn right (using small pivot)  
12           Right forward into Spanish kick step (kick step is done kicking back with the left foot)  
&            Left together

## FORWARD, FORWARD ¼ TURN LEFT, FORWARD ¼ TURN LEFT, SPANISH KICK STEP, TOGETHER

13           Right forward  
14           Left forward into ¼ turn left (using small pivot)  
15           Right forward into ¼ turn left (using small pivot)  
16           Left forward into Spanish kick step (kick step is done kicking back with the right foot)  
&            Right together

## KICK, BALL, CHANGE, TOUCH, FORWARD PIVOT ½ TURN LEFT

17           Kick left foot down then forward  
&            Step on left ball  
18           Right steps in place  
19           Left toe touches beside right instep  
20           Left forward pivoting ½ turn left on left ball

## KICK, BALL, CHANGE, TOUCH, FORWARD PIVOT ½ TURN RIGHT

21           Kick right foot down then forward  
&            Step on right ball  
22           Left steps in place  
23           Right toe touches beside left instep  
24           Right forward pivoting ½ turn right on right ball

## SIDE, BACK, FORWARD, FORWARD, TOGETHER

25           Side step left  
26           Right back  
27           Left forward

28 Right forward  
& Left together

**BACK, FORWARD, LOCK, PIVOT ½ TURN LEFT, RIGHT TOGETHER**

29 Right back  
30 Left forward  
31 Lock right behind left (right knee touches upper calf of left leg)  
32 Left forward into pivot ½ turn left on left ball keeping right beside left on pivot  
& Right together (end step with weight on right)

**BACK, TOGETHER, FORWARD, TOUCH, FORWARD, PIVOT ½ TURN RIGHT**

33 Left back  
& Right together  
34 Left forward  
35 Right toe touches beside left instep  
36 Right forward into pivot ½ turn right on right ball keeping left beside right on pivot

**TOGETHER, BACK, TOGETHER, FORWARD, TOUCH**

37 Left together (end step with weight on left)  
38 Right back  
& Left together  
39 Right forward  
40 Left toe touches beside right instep

**SIDE, BACK, IN PLACE, SIDE, TOGETHER**

41 Side step left  
42 Right back  
43 Left in place  
44 Side step right  
& Left together

**FOUR FORWARD STEPS TURNING RIGHT, TOGETHER**

45 Right forward into ¼ turn right (using small pivot)  
46 Left forward into ¼ turn right (using small pivot)  
47 Right forward into ¼ turn right (using small pivot)  
48 Left forward into ¼ turn right (using small pivot)  
& Right together

**REPEAT**

**FINISH**

After the 6th repetition, dance steps 1-16 of the dance and then dance the following 2 counts to end the dance

**SIDE, DRAG**

17 Side step left  
18 Drag right to left

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