

(Sweat) A La La La Long

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Description : 32 temps, 4 murs, Novice, Avril 2017

Musique : (Sweat) a la la la la long by 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 $\frac{3}{4}$

- 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

(400)