

SWEAT (A LA LA LA LONG)

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Setsuko Motoki

Music: Sweat (A la la la long) by 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 $\frac{1}{4}$ TURN LEFT, SHUFFLE $\frac{1}{2}$ TURN RIGHT, ROCK, RECOVER, SHUFFLE $\frac{1}{2}$ TURN LEFT

- 1&2 Left step side left with $\frac{1}{4}$ turn left, right step beside left, left step forward
- 3&4 Right step side right with $\frac{1}{2}$ turn right, left step beside right, right step forward
- 5-6 Rock forward on left, recover to right
- 7&8 Left step back with $\frac{1}{2}$ turn left, right step beside left, left step forward

SWAY, SWAY, RIGHT SAILOR, UNWIND $\frac{1}{2}$ 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 $\frac{1}{2}$ turn left (finish weight on left)

REPEAT