

ALALALONG CHA CHA

LINEDANCE.COM

Count: 48

Wall: 1

Level: intermediate/advanced

Choreographer: Irene Groundwater & Randy Morlanston

Music: Sweat (Alalalalong) by 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 $\frac{1}{2}$ 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 $\frac{1}{4}$ turn right (using small pivot)
- 46 Left forward into $\frac{1}{4}$ turn right (using small pivot)
- 47 Right forward into $\frac{1}{4}$ turn right (using small pivot)
- 48 Left forward into $\frac{1}{4}$ 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

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=65163