



Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

COUNTRY PLUS

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- Weekly Classes
- Weekly Dances
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- Intermediate Lessons
- Partner Lessons
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ASCAP/BMI Licensed

(Sweat) A La La La Long

Choreographed by Raymond Sarlemijn, Jonas Dahlgren, & Roy Hadisubroto

Description 32 count, 4 wall, low intermediate line dance

Music Sweat (A la la la long) by Inner Circle (80 bpm)

Intro Begin on lyrics

CROSS/ROCK TWICE FORWARD SHUFFLE RIGHT, MAMBO FORWARD STEP BACK

- 1&2 Cross/rock right over, recover to left, step right side
3&4 Cross/rock left over, recover to right, step left side
5&6 Chassé forward right-left-right
7&8 Rock left forward, recover to right, step left back

STEP BACK X3, SCISSOR STEP LEFT, PADDLE TURN ½ LEFT

- 1&2 Step right back, step left back, step right back
3&4 Step left side, step right together, cross left over
5& Turn ¼ left and rock right side, recover to left
6& Turn ¼ left and rock right side, recover to left
7&8 Turn ¼ left and rock right side, recover to left, cross right over

SCISSOR STEP, TURN ¼ LEFT TWICE CROSS, OUT, OUT OUT, TOE HEEL TOE

- 1&2 Step left side, step right together, cross left over
3&4 Turn ¼ left and step right back, turn ¼ left and step left side, cross right over
5&6 Step left slightly side, step right side, step left side

OUT LEFT

- 7&8 Swivel toes in, swivel heels in, swivel toes in

STEP LOCK STEP RIGHT FORWARD & LEFT WALK RIGHT, LEFT, RIGHT, LEFT TURN ¾

- 1&2 Locking chassé diagonally forward right-left-right
3&4 Locking chassé diagonally forward left-right-left
5-6 Turn ¼ right and step right forward, turn ¼ right and cross left over
7-8 Turn ¼ right and step right forward, step left forward

REPEAT