

# Countryfriends83

Ecole de Danse

## A LA LA LA LA LONG

Count : 32 Wall : 4 Level : Improver

Choreographer : Raymond Sarlemijn, Jonas Dahlgren & Roy Hadisubroto 04/17

Music : A la la la la long by Inner Circle

### CROSS ROCK X2 FWD SHUFFLE R, MAMBO FORWARD STEP BACK

1RF Cross over LF  
&LF Recover  
2RF Step R  
3LF Cross over RF  
&RF Recover  
4LF Step L  
5RF Step Fwd  
&LF Step next to RF  
6RF Step Fwd  
7LF Step Fwd  
&RF Recover  
8LF Step back

### STEP BACK X3, SIZZORSTEP L, PADDLETURN 1/2 L

1RF Step back  
&LF Step back  
2RF Step back  
3LF Step L  
&RF Step next to LF  
4LF Cross over RF  
5RF Paddle 1/8 L  
&LF Recover weight  
6RF Paddle 1/8  
&LF Recover weight  
7RF Paddle 1/8 L  
&LF Recover weight  
8RF Cross over LF

### SCISSOR STEP, TURN 1/4 L X2 CROSS, OUT, OUT OUT, TOE HEEL TOE

1LF Step L  
&RF Step next to LF  
2LF Cross over RF  
3RF Step Back turning 1/4 L  
&LF Step L turning 1/4 L  
4RF Cross over LF  
5LF Step out L  
&RF Step out R  
6LF Step out L  
7BF Twist both toes inwards  
&BF Twist both heels inwards  
8BF Twist both toes together

Cathy MERIOT - Choréographe / Instructor

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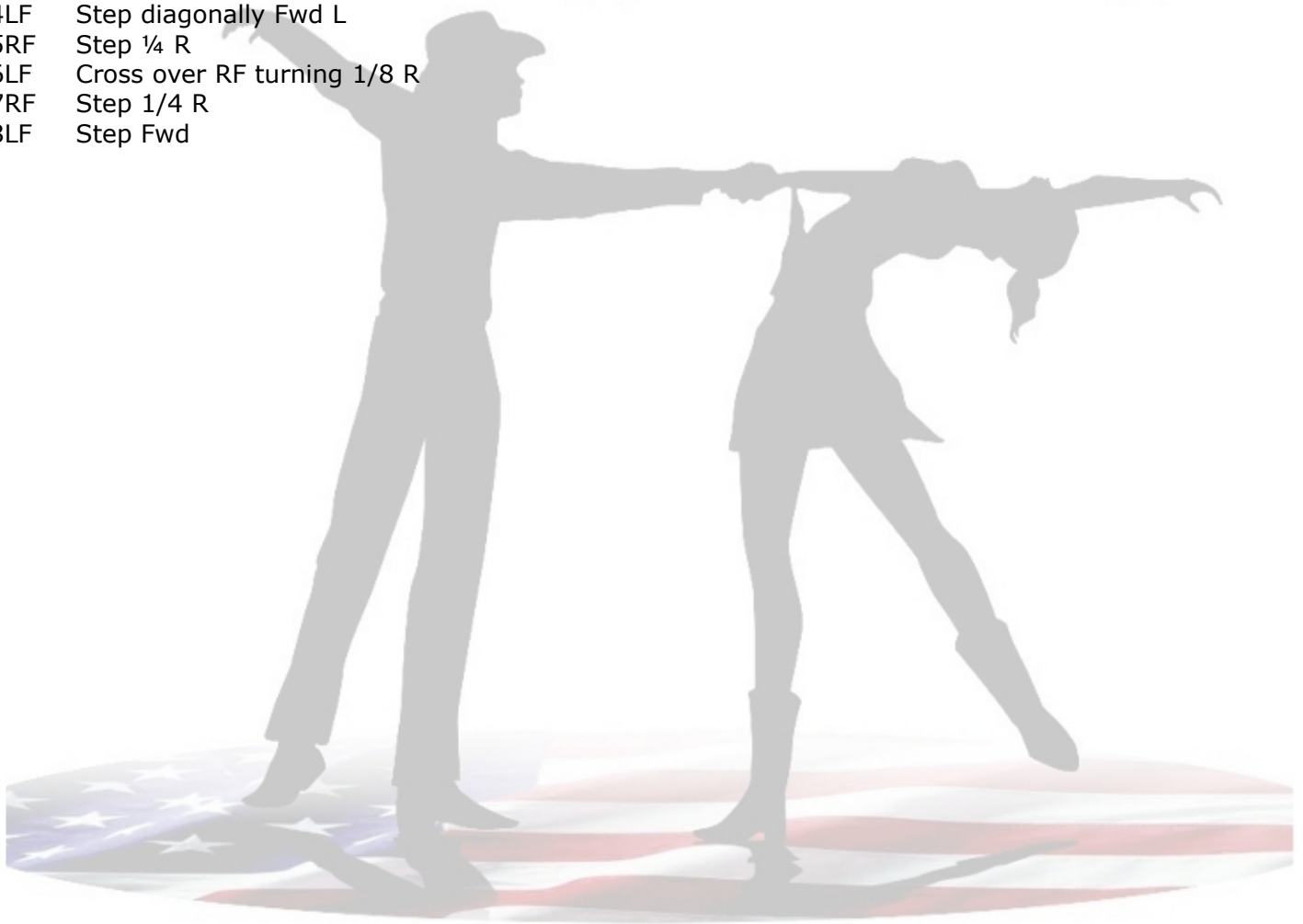
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## **STEP LOCK STEP FWD R&L WALK R,L,R,L TURN $\frac{3}{4}$**

- 1RF Step diagonally Fwd R
- &LF Step behind RF
- 2RF Step diagonally Fwd R
- 3LF Step diagonally Fwd L
- &RF Step behind LF
- 4LF Step diagonally Fwd L
- 5RF Step  $\frac{1}{4}$  R
- 6LF Cross over RF turning  $\frac{1}{8}$  R
- 7RF Step  $\frac{1}{4}$  R
- 8LF Step Fwd



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