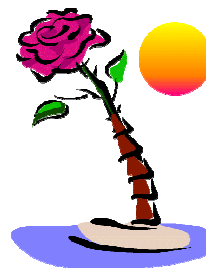


Sweat (A La La La La Long)



Basic
3:50
86 BPM

Music: Mehrzad Marashi & Mark Medlock, CD Bravo Hits 70
Choreo: 2011 by Bernd Flühr, berndfluehr@web.de
taught at ECTA Clog Convention 2011 in Dortmund

Sequence: **A B C D A* Bridge B' C' D* E B' C' D* End**
Wait 8 beats

INTRO

4 Basic DS RS
L & R L RL
R LR
&1 &2

Part A:

Triple, DS DS DS RS **move L** DS RS DS RS
2 Basic L R L RL R LR L RL
&1 &2 &3 &4 &1 &2 &1 &2

Push Off, DS RS RS RS **move R** DS DS DS RS
Triple R LR LR LR L R L RL
&1 &2 &3 &4 &1 &2 &3 &4

Repeat all above opposite footwork & direction

Part B:

Triple DS DS DS RS **move forward**
L R L RL
&1 &2 &3 &4

Push Back DS RS RS RS **move backwards**
R LR LR LR
&1 &2 &3 &4

Repeat all above

Part C:

Stomp Double STO DS DS RS
L R L RL
1 &2 &3 &4

Push Turn DS RS RS RS **turn 1/2 R**
R LR LR LR
&1 &2 &3 &4

Repeat all above 3 times as written to face front again

Part D:

4 Basic

4 Basic DS RS **turn 1/4 L on RS and**
L RL **clap hands twice to each RS**
R LR
&1 &2

Sweat (A La La La Long)

Sequence: **A B C D A* Bridge B' C' D* E B' C' D* End**

Part A*:

Triple, 2 Basic	DS DS DS RS L R L RL &1 &2 &3 &4	move L	DS RS DS RS R LR L RL &1 &2 &1 &2
Push Off, Triple	DS RS RS RS R LR LR LR &1 &2 &3 &4	move R	DS DS DS RS L R L RL &1 &2 &3 &4

Now every parts starts with the RIGHT FOOT (RF)

Bridge:

8 Toe-Heel	T H R R L L & 1	full turn R
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Repeat all above opposite direction

Part B' (RF):

Triple **forward**, Push Back

Repeat all above

Part C' (RF):

Stomp Double, Push Turn **1/2 L**

Repeat all above 3 times as written to face front again

Part D* (RF):

4 Basic
4 Basic **Turn 1/4 R each and clap hands twice to each RS**

Repeat all above

Part E (RF):

4 Toe-Heel	T H R R L L & 1	turn 1/2 R
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2 Basic

Repeat all above to face front again

End (RF):

Step and Arms	S(ots) R 1	arms and head down
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