

Ala Ala Ala

46 count, 4 wall, Int/Adv level

Choreographer : Craig Cooke (UK) April 2001

Choreographed to : The Way I Mate by The

Rednex, Fever 12 CD (126bpm)

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STREET WISE RUNNING MAN STEPS.

- 1 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 2 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together hitching right knee
- 3 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together (both feet on floor)
- 4 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 5 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together hitching right knee
- 6 Jump feet diagonally apart, right foot forward. left foot back
- & Jump feet together hitching left knee
- 7 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together (both feet on floor)
- 8 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together (both on floor) weight on left

ROCK, CHASSE, ROCK, CHASSE, COASTER STEP, CHASSE 1/4 TURN

- 1-2 Rock back onto right foot, rock forward onto left foot
- 3 & 4 Step right to right side. close left besides right, step right to right side
- 5-6 Rock forward onto left foot, rock back onto right foot
- 7 & 8 Step left to left side. close right besides left, steps left to left side

COASTER STEP, CHASSE 1/4 TURN, 1/2 PIVOT TURN, CHASSE 1/4 TURN, ROCK

- 1 & 2 Step back on right foot, step left besides right. step forward right.
- 3 & 4 Step right to right side, close left besides right. step right to the right side making 1/4 turn to the right
- 5-6 Step left foot forward make a 1/2 pivot turn over right shoulder
- 7 & 8 (making a 1/4 turn while chasseeing) step left to left side, close right besides left step left to left side.

ROCK, STEP 1/2 TURN, 2X KICK BALL CHANGE

- 1-2 Rock back onto right foot, rock forward onto left foot
- 3-4 Step forward on right & pivot 1/2 over left shoulder
- 5 & 6 Kick right foot forward. step back on ball of right, step left besides right
- 7 & 8 Kick right foot forward. step back on ball of right, step left besides right

TOE SWITCHES, 2X KICK BALL CHANGES, TOE SWITCHES WITH A 1/4 TURN

- 1 & Touch right toe out to right side. step right besides left
- 2 & Touch left out to left side, step left besides right
- 3 & Touch right out to right side, step right besides left
- 4 & 5 Kick right foot forward. step back on ball of right, step left besides right
- & 6 & Kick right foot forward. step back on ball of right, step left besides right
- 7 & Touch right toe out to right side, step right besides left
- 8 Touch left out to left side

RIGHT TOE POINT WITH 1/4 TURN TO RIGHT. 2X KICK BALL CHANGES

- & 1 Step left besides right. touch right out to right side
- & On the right to make a 1/4 turn to the right side
- 2 & 3 Kick right foot forward. step back on ball of right. step left besides right
- 4 & 5 Kick right foot forward, step back on ball of right. step left besides right