

Keep Sweating

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Count: 32

Wall: 4

Level: Intermediate / Advanced

Choreographer: Queendy Lee (Canada) & Emily Woo (Raindrops) May '10

Music: Keep Sweating by Ray J (Feat Fat Joe)

Intro: Start after 32 counts, approx 18 sec.

Sequence: AAA Tag (3 o'clock) AAA Tag (3 o'clock) AAAA Tag (12 o'clock) x2 Ending

Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn

- 1-4** Step R to R, Hold, L cross R, Hold
- 5,6** Step R to R with sway, Step L to L with Sway
- 7&8** Full turn to R (R, L, R) with small steps

1/2 R, Hold, R Ronde, Sit, Shoulder Roll, Jump

1-2 ½ R and step L to side, Hold

- 3-4** Draw a circle with R in the front CW, R ronde to the back of L
- 5** Sit on the R with bend knees, L touch in the front
- 6** Roll L shoulder
- 7&8** Roll shoulder R, L, jump and straighten both legs with hands stretch up (R hand hold L hand, palm facing up)

L Hitch, 1/4 L, Rock, Recover, 1/4 R, Rock, Recover, 1/4 L, Sway R, Sway L

1,2 L hitch up (both hands down, look like hitting your knee with palms) Turn ¼ L and Step L forward

- 3&4** Rock R over L, recover, Slide ¼ R and Step
- 5&6** Rock L over R, recover, Slide ¼ L and Step
- 7** Sway R (look to R, R hand on L shoulder, L hand on R waist)
- 8** Sway L (look to L, R hand slide to R shoulder, L hand slide to L waist)

Step, Full Turn R Step, Hold, 1/2 L Step, Point x3, Sit, Rody Roll Up

- 1,2** Step R to R, Full turn R with ball of R, Step L together
- 3-4** Hold , ½ L with ball of L , step R together

5&6 L point forward, Step together, R point forward, Step together

7&8 L point forward, Step together with bend knees, Body roll up

TAG: (3 o'clock) 16 counts

Weight shift, heel up

1-2 R heel up, Hold (Body lean forward, both hands at the side)

3,4 Shift weight to R with L heel up, Shift weight to L with R heel up

5-6 Shift weight to R with L heel up, Hold

7,8 Shift weight to L with R heel up, Shift weight to R with L heel up

Hand Movement

1,2 ¼ L and step L back, Raise up R hand (hold fist , elbow bend)

3,4 L hand on top of R (fingers open), Turn L elbow down (now R elbow point R)

5,6 Turn both hands over head from back to front, Stop at the R side of face

7,8 Slide both hands from R of face to L of face

TAG: (12 o'clock) 16 counts x2

Do the same as Tag at 3:00 O'clock, but don't turn, keep doing face front wall

ENDING:

Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn

1-2 Step R to R , Hold

3-4 Cross L over R, Hold

5,6 Step R to R with sway, Step L to L with Sway

7,8 Full turn R, L step together

Keep doing this, like you are dancing out of the stage until music ends.