

# Suda (aka Sweat)

LINEDANCE.COM

**Count:** 80

**Wall:** 1

**Level:** Intermediate / Advanced

**Choreographer:** Sobrielo Philip Gene (SG) - November 2021

**Music:** - Melanie Pfirman, Pitbull & IAmChino

**Intro: 16 counts @0.09sec**

**NOTE: START DANCE FACING 6 O'CLOCK**

**Dance Sequence 80, 80, 64 restart, 32 repeat counts 17-32**

**[1-8] STOMP ROCK BACK RECOVER, ¼ STOMP ROCK RECOVER,**

**1-2&** Stomp RF to right (1), Rock LF behind RF (2), recover onto RF (&)

**3-4&¼ left stomp LF forward (3), Rock RF behind LF (4), recover onto LF (&) (3:00)**

**5-6&** Stomp RF to right (5), Rock LF behind RF (6), recover onto RF (&)

**3-4&¼ left stomp LF forward (7), Rock RF behind LF (8), recover onto LF (&) (12:00)**

**[9-16] STOMP RECOVER STEP, STOMP RECOVER STEP, TOUCH SWITCHES, TOUCH TWIST**

**1-2&** Stomp RF forward (1), recover weight onto LF (2), step RF beside LF (&)

**3-4&** Stomp LF forward (3), recover weight onto RF (4), step LF beside RF (&)

**5&6&** Touch RF forward (5), step RF beside LF (&) Touch LF forward (6), step LF beside RF (&)

**7&8** Touch RF forward (7), twist right heel to right (&), twist heel back to center (8) (12:00)

**[17-24] VOLTA ¾ RIGHT, ¼ DIAMOND**

**1&2&** Turn 1/8 right step RF forward (1), lock LF behind RF (&), Turn ¼ right step RF forward (2), lock LF behind RF (&)

**3&4¼ right step RF forward (3), lock LF behind RF (&), 1/8 right step RF forward (4) (9:00)**

**5&6** Cross LF over RF (5), step RF to right (&), step LF 1/8 left back sweeping RF from front to back (6)

**7&8** Step RF behind LF (7), turn 1/8 left step LF to left (&), step RF forward (8) (6:00)

**[25-32] VOLTA ¾ LEFT ¼ DIAMOND**

**1&2&** Turn 1/8 left step LF forward (1), lock RF behind LF (&), Turn ¼ left step LF forward (2), lock RF behind LF (&)

**3&4<sup>1</sup>/<sub>4</sub> left step LF forward (3), lock RF behind LF (&), 1/8 left step LF forward (4) (3:00)**

**5&6** Cross RF over LF (5), step LF to left (&), step RF 1/8 right back sweeping LF from front to back (6)

**7&8** Step LF behind RF (7), turn 1/8 right step RF to right (&), step LF forward (8) (12:00)

**[33-40] FORWARD ROCK, SIDE ROCK, BEHIND SIDE FORWARD, FORWARD ROCK, SIDE ROCK, SAILOR <sup>1</sup>/<sub>4</sub>**

**1&2&** Rock RF over LF (1), recover onto LF (&) Rock RF to right (2), recover onto LF (&)

**3&4** Step RF behind LF (3), step LF slightly to left (&), step RF slightly forward (4)

**5&6&** Rock LF over RF (5), recover onto RF (&) Rock LF to left (6), recover onto RF (&)

**7&8** Step LF behind RF (7), Step RF <sup>1</sup>/<sub>4</sub> left slightly to right (&), Step LF forward (8) (9:00)

**[41-48] LOCK STEP FORWARD, <sup>1</sup>/<sub>2</sub> LOCK BACK, COASTER STEP, RUN FORWARD**

**1&2** Step RF forward (1), Lock LF behind RF (&) step RF forward (2)

**3&4<sup>1</sup>/<sub>2</sub> turn right step LF back (3), lock RF over LF (&), step LF back (4)**

**5&6** Step RF back (5), step LF beside RF (&) step RF forward (6)

**7&8** Run forward LRL (7&8) (3:00)

**[49-56] OUT OUT, BALL CROSS, BALL HEEL, BALL CROSS, <sup>1</sup>/<sub>4</sub> <sup>1</sup>/<sub>2</sub> COASTER STEP**

**&1&2** Step RF forward to right (&), step LF forward to left (1), step RF back to Centre (&), cross LF over RF (&)

**&3&4** Step RF to right (&) bring LF heel forward to left (3), step LF beside RF (&), cross RF over LF (4)

**5-6<sup>1</sup>/<sub>4</sub> left step LF forward (6), <sup>1</sup>/<sub>2</sub> turn left step RF back (6)**

**7&8** Step LF back (5), step RF beside LF (&) step LF forward (8) (6:00)

**[57-64] CAT WALKS, SIDE ROCK CROSS, SIDE ROCK CROSS**

**1-4** Walk RF forward (1) cross LF over RF (2), cross RF over LF (3), cross LF over RF (4)

**5&6** Rock RF to right (5), recover onto LF (&), step RF beside LF (6)

**7&8** Rock LF to left (7), recover onto RF (&), step LF beside RF (8) (6:00)

**[65- 72] SHUFFLE <sup>1</sup>/<sub>4</sub> BACK, SHUFFLE <sup>1</sup>/<sub>4</sub> FORWARD, SHUFFLE <sup>1</sup>/<sub>4</sub> BACK, SHUFFLE <sup>1</sup>/<sub>4</sub> FORWARD SWEEP**

- 1&2** Step RF to right (1), step LF beside RF (&),  $\frac{1}{4}$  left step RF back (2) (3:00)
- 3&4** Step LF to left (3), step RF beside LF (&),  $\frac{1}{4}$  left step LF forward (4) (12:00)
- 5&6** Step RF to right (5), step LF beside RF (&),  $\frac{1}{4}$  left step RF back (6) 9:00
- 7&8** Step LF to left (7), step RF beside LF (&),  $\frac{1}{4}$  left step LF forward while sweeping RF back to front (8) (6:00)

### **[73-80] CROSS BACK BACK, CROSS BACK BACK, PIVOT $\frac{1}{2}$ PIVOT $\frac{1}{2}$**

- 1-2&** Cross RF over LF (1), step LF back (2), step RF back (&),
- 3-4&** Cross LF over RF (3), step RF back (4), step LF beside RF (&)
- 5-6** Step RF forward (5), turn  $\frac{1}{2}$  left (6) (12:00)
- 7-8** Step RF forward (7), turn  $\frac{1}{2}$  left (8) (6:00)

**Enjoy**

**Last Update - 7 Dec. 2021**