

# SWEATIN' THE Small Stuff . .

## (CONTRA)

LINEDANCE.COM

**Count:** 32                      **Wall:** 1                      **Level:** Beginner

**Choreographer:** Val Saari (Canada, March 2019)

**Music:** Sweat, (A La La La La Long) - Inner Circle

### S1: TOE STRUT V-STEP/CLAP X 2

- 1&2&**      Touch RF toe diagonally forward (12:30), Step heel down, Touch LF toe diagonally forward (11:30), Step heel down
- 3&4&**      Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down/Clap hand (&)
- 5&6&**      Touch RF toe diagonally forward (12:30), Step heel down, Touch LF toe diagonally forward (11:30), Step heel down
- 7&8&**      Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down/Clap hands (&)

### S2: DIAGONAL TOE-STRUTS FWD & BACK X 2 (RL)

- 1&2&**      Touch RF toes diagonally forward R (2:00) Step heel down, Touch LF toes forward, Step heel down
- 3&4&**      Touch RF toes diagonally back, Step heel down, Touch LF toes back, (adjust to face 12:00), Step heel down
- 5&6&**      Touch RF toes diagonally forward L (10:00) Step heel down, Touch LF toes forward, Step heel down
- 7&8&**      Touch RF toes diagonally back, Step heel down, Touch LF toes back, adjust to face 12:00), Step heel down

### S3: WALK FORWARD, MAMBO FORWARD, WALK BACK, MAMBO BACK

- 1-2**              Walk forward R,L
- 3&4**              Rock forward on RF, Recover LF, Step back on RF
- 5-6**              Walk back L,R
- 7&8**              Rock back on LF, Recover RF, Step LF beside R

### S4: FWD KICKS (RL), FLICK RF/ KICK LF, HEEL SPLITS (OUT, IN, OUT),(IN, OUT, IN)

- 1&2&** Kick RF forward, Step RF in place, Kick LF forward, Step LF in place
- 3&4&** Flick RF heel back, Step RF in place, Kick LF forward, Step LF in place
- 5&6** Split both heels apart, close heels together, Split both heels apart, hold
- 7&8** Close heels together, Split both heels apart, Close heels together, hold

**REPEAT - No Tags, No Restarts**

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