

Sweat

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Count: 48

Wall: 4

Level: Phrased High Improver

Choreographer: Taren Gaia (RSA) April 2020

Music: Suda (Alternate Version) - Melanie Pfirman & IAMCHINO (Ft Pitbull) - Album: Suda (Delux)

Sequence: A, B, B, A, B, B, A, B (restart), B, A, B, B

Note: This is a Samba Rhythm, but I have simplified the counts except for the Bota Fogas. Please feel free to dance it with samba timing if it makes it easier.

Part A

Side Step, Hold, 1/4 Turn, Hold, Quarter Pivot, Step Together, Step in Place

- 1-4 Step RF to R side, Hold, Make 1/4 Turn Left step LF in place, Hold
- 5-6 Step RF Fwd, Make 1/4 Turn Left step LF in place
- 7-8 Step RF to LF, Step LF next to RF

Side Step, Hold, 1/4 Turn, Hold, Quarter Pivot, Step Together, Step in Place

- 1-4 Step RF to R side, Hold, Make 1/4 Turn Left step LF in place, Hold
- 5-6 Step RF Fwd, Make 1/4 Turn Left step LF in place
- 7-8 Step RF to LF, Step LF next to RF

Part B

Fwd Mambo, Back Mambo, Side Mambo Cross, Side, Behind

- 1&2 Step RF Fwd, recover weight onto LF, Step RF to LF
- 3&4 Step LF Back, recover weight onto RF, Step LF to RF
- 5&6 Step RF to R Side, recover weight onto LF, Step RF over LF
- 7-8 Step LF to L side, Step RF behind LF (styling option: Shimmy shoulders as you weave)

Side Rock Recover, Coaster Step, Toe Strut, Rocking Chair**

- 1-2 Step LF to L Side, Recover weight onto RF
- 3&4 Step LF back, Step to RF to LF, Step LF forward
- 5-6 Tap R Toe forward with a hip bump to R, Step RF Fwd
- 7&8& Step LF Fwd, Recover Weight onto RF, Step LF back, Recover weight onto RF **

(styling option: do fwd step of rocking chair on the heel)

****Restart here: replace rocking chair with the following:**

7-8 Make ¼ turn R tap L Toe Fwd, Step LF fwd

Bota Foga x 4 (making a 1/4 Turn Right)

1a2 Step LF over RF, Step RF to R Side, recover weight onto LF

3a4 Step RF over LF to face 1:30, Step LF to L side, Recover weight onto RF

5a5 Step LF over RF, Step RF to R Side, recover weight onto LF

7a8 Step RF over LF to face 3:00, Step LF to L side, Recover weight onto RF

Weave, Side Press, Back Press, Walk x2

1-2 Step LF over RF, Step RF to R Side

3&4 Step LF Behind RF, Step RF to R Side, Step LF over RF

5& Press RF to R side with Hip bump, Recover onto LF,

6& Press RF to back with Hip bump, Recover onto LF

7-8 Step RF Fwd, Step LF Fwd

Contact: taren.gaia@gmail.com

Please do not alter the steps without the choreographer's permission.

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