

Sweat Fire

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Maggie Stevenson (SCO) - May 2026

Music: Sweat & Fire - Neon Rosetta

No tags or restarts included!

Intro 32 counts

Section 1: WALK, WALK POINT, STEP, WALK, WALK, POINT, STEP

- 1,2 Walk forward right foot, walk forward left foot
- 3,4 Point right foot forward to right corner, step back right foot
- 5,6 Walk back left foot, walk back right foot
- 7,8 Point left foot back to left corner, step forward left foot

Section 2: SIDE, BEHIND, SIDE, TAP, SIDE, BEHIND, SIDE, TAP

- 1,2 Step right foot to right side, cross left foot behind right foot
- 3,4 Step right foot to right side, tap left foot behind right foot
- 5,6 Step left foot to left side, cross right foot behind left foot
- 7,8 Step left foot to left side, tap right foot behind left foot

TURNING OPTION - Rolling vine R and L with tap behind

Arm styling

Counts 3 and 7 reach both hands straight up over head

Counts 4 and 8 drop both arms down by your side and snap fingers

Section 3: STEP, HEEL, HEEL, HEEL, HITCH, POINT, HITCH, POINT

- 1,2 Step right foot to right side push right hand forward (stop), lift and lower right heel
- 3,4 lift and lower right heel x2 opening right arm out to right side (take weight onto right side on 3rd heel)
- 5,6 hitch left knee up, point left foot to left side
- 7,8 hitch left knee up, point left foot to left side

Section 4: CROSS, BACK, 1/4 SIDE, SCUFF/STEP, HIP FORWARD, BACK, FORWARD, BACK

- 1,2** Cross left foot over right foot, step right foot back and out to right side
- 3,4** Turn 1/4 left stepping left foot to left side, scuff/step right foot forward
- 5,6** Push hips forward then back
- 7,8** Push hips forward then back

Repeat

I chose not to do restarts in this dance as it keeps it simpler for beginners.

Add the spins and arms if you wish

Maggie Stevenson (scotland)

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