

DANCING UP A SWEAT

LINEDANCE.COM

Count: 24

Wall: 2

Level: Beginner

Choreographer: Irene Groundwater

Music: Sweat (Alalalalong) by I & R Lewis

RIGHT FOOT FORWARD, SNAP FINGERS, LEFT FOOT FORWARD, 2 SNAP FINGERS

1-2 Right foot forward, snap fingers shoulder height on right side of body

3&4 Left foot forward, snap fingers shoulder height on left side of body twice

RIGHT SIDESTEP, TOGETHER, RIGHT SIDESTEP, SCUFF LEFT TOE BESIDE RIGHT FOOT

5-6 Step right foot to right side, close left foot to right foot

7-8 Step right foot to right side, scuff left foot beside right foot

LEFT SLOW SHIMMY, CLOSE, HOLD

9-10 Sidestep left foot as you shimmy to the left for 2 counts

11-12 Close right foot to left foot, hold

¼ TURN LEFT ON RIGHT FOOT, TOUCH LEFT BESIDE RIGHT, ¼ TURN LEFT ON LEFT FOOT, TOUCH RIGHT BESIDE LEFT

13-14 Right foot forward (pivoting ¼ turn left on right foot), touch left foot beside right foot

15-16 Left foot forward (pivoting ¼ turn left on left foot), touch right foot beside left foot

RIGHT KICK BALL CHANGE, RIGHT FORWARD, (PIVOT ½ TURN LEFT AS LEFT TOUCHES TO RIGHT FOOT)

17&18 Kick right foot forward, step down on ball of right foot, step down on left foot

19-20 Right foot forward, pivot ½ turn left on right foot as left foot touches beside right foot

LEFT KICK BALL CHANGE, LEFT FORWARD, (PIVOT ½ TURN RIGHT AS RIGHT TOUCHES TO LEFT FOOT)

21&22 Kick left foot forward, step down on ball of left foot, step down on right foot

23-24 Left foot forward, pivot ½ turn right. On left foot as right foot touches beside left foot

REPEAT

FINISH

RIGHT FORWARD, SIDE STEP LEFT STRETCHING BOTH ARMS OUT SIDeways

1-2 Right foot forward, side step left holding both arms outstretched in a 'T' formation

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=57974