Count: 172
Wand: 4
Ebene: Advanced
Choreograf/in: Robert Cordoba (USA) \& Doug Endo (USA)
Musik: Gonna Make You Sweat - C\&C Music Factory

## Start $1 / 4$ turn to Right from main wall

| $1-4$ | Forward 4 steps (right, left, right, left) |
| :--- | :--- |
| $\&$ | Running man Bring right foot up to left knee |
| 5 | Bring right down, slide left back |
| $\&$ | Bring left foot up to right knee |
| 6 | Bring left down, slide right back |
| $\&$ | Bring right foot up to left knee |
| 7 | Step forward on right pivoting $1 / 4$ to left |
| 8 | Slide left behind right |
| 10 | Hop cross left over right |
| 10 | Pivot $1 / 2$ to right |
| $11 \& 12$ | Hop 3 times pivoting $1 / 2$ to left |
| $13-14$ | Push step to right with right, back to center |
| $15-16$ | Push step to left with left, back to center |
| $17-18$ | Pivot $1 / 4$ turn to left, push to right with right, back to center |
| $19-20$ | Pivot $1 / 4$ turn to right, push to left with left, back to center |

$21 \quad$ Hop while pivoting to left $1 / 4$
Hop while pivoting to right $1 / 2$
Hop while pivoting to left $1 / 2$
Hop backwards with both feet
Step to side with left
Slide right to left
Step forward with left
Slide right to left while pivoting $1 / 4$ to right

Hop forward with both feet
Pivot backwards on right a full turn using left to push 3 times
30-32
Kick right to side
Kick left to side
Toes out, in
Toes out, in, then pivot $1 / 4$ turn to left
Kick right to side
Kick left to side
Toes out, in
Toes out, in

41-44 Step with left 4 times to right turning $1 / 2$ (pivot on right, weight left)
45-48 Step with right 4 times to left turning $1 / 2$ (pivot on left, weight right)

49\&50 Jump with feet apart, jump together, jump with feet apart
\& Jump $1 / 2$ to right, land with feet together
51\&
Jump out, jump in

57-60 Step with right 4 times to left turning $1 / 4$ (pivot on left, weight right)

61\& Kick left to front, step back left
Jump out, jump $1 / 2$ to left, land with feet together
Jump out, jump in
Jump out, jump $1 / 2$ to right, land with feet together
Jump out, jump in, jump out

Step back right, step left in place
Step forward with right
Slide left to right, turn $1 / 4$ to left
Kick left to front, step back left
Step back right, step left in place
Step forward with right
Slide left to right, turn $1 / 4$ to left
Kick left to front, step back left
Step back right, step left in place
Step forward with right
Slide left to right, turn $1 / 4$ to left
Kick left to front, step back left
Step back right, step left in place
Step forward with right
Slide left to right, turn $1 / 4$ to left

Kick left to front, step back left
Step back right, step left in place
Step forward with right
Slide left behind right

Pivot $1 / 4$ to right while kicking out with left
Step in place with left
Step behind with right, step to side with left

Kick out with right, step in place with right
Step behind with left, step to side with right
Kick out with left, step in place with left
Step behind with right, step to side with left

Step forward with right
Pivot $1 / 4$ to left, sliding left to right

Running man Bring right foot up to left knee
Bring right down, slide left back
Bring left foot up to right knee
Bring left down, slide right back
Bring right foot up to left knee
Step forward on right
Swivel heels to right, then back to center
Running man Bring right foot up to left knee
Bring left down, slide right back
Bring right foot up to left knee
Bring right down, slide left back
Bring left foot up to right knee

Step forward on left
Swivel heels to left, then back to center
97
Jump with feet apart
98 Jump together crossing right over left
99\&100
Jump out, jump together, jump out

101-104 With feet apart, hop to right 4 times
105\& Moving back to left: toes in, out
106\& Toes in, out
107\&
108
Toes in, out
Toes in
$109 \quad$ Right leg up to right with right arm up (elbow bent)
110 Step to right push right arm back
111-112 Step to right 2 times
113 Step back on right
114
115
116
Step back left
Step back right
Hold

117 Weight on left, pivot $1 / 2$ to left with right
118
Pivot $1 / 2$ back
Pivot $1 / 2$ to left
\&120
121
122
Jump and cross right over left, jump apart
Pivot $1 / 2$ to right
Pivot $1 / 2$ back
Pivot $1 / 2$ to right
Jump and cross right over left, jump apart
\&124

125-126 Step big step forward with right for 2 beats
127-128 Step left to right for 2 beats
129-130 Step back with left for 2 beats
131-132 Step right to left for 2 beats
\&133-136 Raise right foot to left knee, step to right with right, slide left to right
\&137-140 Raise left foot to right knee, step to left with left, slide right to left
Original choreography of previous 8 beats:
\& Raise right foot to left knee
133 Step to right with right
134 Slide left to right
135\&136
\&
137 Step to left with left
$138 \quad$ Slide right to left
139\&140

141-144 Walk forward right, left, right, left
145\& Jump with feet apart, jump together
146\& Jump feet apart, jump together
147\& Jump feet apart, jump together
148\& Jump feet apart, jump together, turning $1 / 4$ to left

Squat down
Come back up
Kick out with left, step in place with left Step behind with right, step to side with left Kick out with right, step in place with right Step behind with left, step to side with right Kick out with left, step in place with left Step behind with right, step to side with left Step back on right, rock forward on left Rock back on right, rock forward on left Step behind with left, step in place with right Kick out with left, step in place with left Step behind with right, step in place with left

Kick to side with right, cross right over left (weight on right) (kick, cross)
Step back on left, forward touch with right heel, step on right (hitch, step)
Kick to side with left, cross left over right (weight on left) (kick, cross)
Step back on right, forward touch with left heel, step on left (hitch, step)
Kick to side with right, cross right over left (weight on right) (kick, cross)
Step back on left, forward touch with right heel, step on right (hitch, step)
Kick to side with left, cross left over right (weight on left) (kick, cross)
Step back on right, forward touch with left heel, step on left (hitch, step) REPEAT

