

S.W.E.A.T. Some More

Count: 64

Wand: 2

Ebene: Advanced

Choreograf/in: Darren Bailey (UK) & Matt Jenkins (UK)

Musik: A Taste Of Boogie - Carboo



ELBOW BLOCKS, FIST THRUSTS, BODY ROLLS BACKWARD & FORWARD

Clench right fist/ 'grab' with left hand so that right arm is horizontal and right arm is vertical forming a right angle

1& Thrust right elbow right, thrust right arm left

Change right to vertical & left to horizontal

2& Thrust left elbow left, thrust left arm right

3&4 Same hand position thrust fists at 3 points down your body: head level, chest level, midriff

5-6 Body roll backwards starting from head to knees

7-8 Body roll forward starting from knees to head

RIGHT FOOT FLICKS, LEFT FOOT FLICKS, SINGLE FOOT FLICKS, STEP ½ TURN

1& Flick right forward hopping on left, flick right to shin hopping on left

2& Flick right forward hopping on left, step right beside left

3& Flick left forward hopping on right, flick left to shin hopping on right

4& Flick left forward hopping on right, step left beside right

5& Kick right across left, step right beside left

6& Kick left across right, step left beside right

7-8 Step right forward, pivot ½ turn over left shoulder

WALKS FORWARD, BODY ROLLS FORWARD & BACKWARDS, HIP ROLLS TURNING A ¼ TURN

1-2 Walk forward: right, left

3-4 Body roll forward starting from knees to head

5-6 Body roll backwards starting from head to knees

7-10 Hip rolls to the left over (4) counts while turning a ¼ turn right

STEP ½ TURN, PADDLE/PUSH TURNS TURNING 1 ½ TURNS

1-2 Step right forward, pivot ½ over left shoulder

3-6 Step right forward pushing yourself ½ a turn left, do this another 3 times completing 1 ½ turns

Counts (3-6) arms are bent at elbows with hands in the air clicking fingers

STREET WISE VERSION OF THE RUNNING MAN WITH ½ TURN RIGHT

1 Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal

& Jump feet together hitching/raising left knee

2 Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal

& Jump feet together hitching/raising right knee

3 Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal

& Jump feet together hitching/raising left knee

4 Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal

& Jump feet together turning ½ turn on the spot over right shoulder

5 Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal

& Jump feet together hitching/raising right knee

6 Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal

& Jump feet together hitching/raising left knee

7 Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal

& Jump feet together hitching/raising right knee

8 Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal

& Jump feet together

CLICK AT HEAD LEVEL, CLICK TO SIDES, LOCK BEHIND, UNWIND, SWITCHES

- 1-2 Click fingers at head level, click fingers out to sides: arms are parallel to ground
- 3-4 Lock-step right behind left, unwind a full turn over left shoulder
- 5& Point right to right side, step right beside left
- 6& Touch left heel forward, step left beside right
- 7 Flick right leg out and behind left leg in a circular motion going to the right
- &8 Step right back slightly, touch left toe forward (weight on right)

KICK BALL POINTS, RONDE TURN TURNING ½

- 1&2 Kick left forward, step left beside right, point right toe to right side
- 3&4 Kick right forward, step right beside left, point left to left side
- 5-6 Touch left toe forward, sweep left toe around lock-stepping left behind right
- 7-8 Unwind ½ turn over left shoulder

2 SHUFFLES FORWARD, FULL TURN, ¼ PIVOT TURN SHARPLY

- 1&2 Step right forward, step left beside right, step right forward
- 3&4 Step left forward, step right beside left, step left forward
- 5-6 Stepping right, left: turn ½ turn left each time on balls of both feet
- 7-8 Step right forward, pivot a ¼ turn left

REPEAT
