

# Dancing Up A Sweat

**COPPER KNOB**  
STEPSHEETS

Count: 24

Wand: 2

Ebene: Beginner

Choreograf/in: Irene Groundwater (CAN)

Musik: Sweat (Alalalalong) - I & R Lewis



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## 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
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