

# Keep Sweating

**Count:** 32

**Wall:** 4

**Level:** Intermediate / Advanced

**Choreographer:** Queendy Lee (CAN) & Emily Woo (CAN) - May 2010

**Music:** Keep Sweatin' (feat. Fat Joe) - Ray J



**Intro:** Start after 32 counts, approx 18 sec.

**Sequence:** AAA Tag (3 o'clock) AAA Tag (3 o'clock) AAAA Tag (12 o'clock) x2 Ending

## Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn

- 1-4 Step R to R, Hold, L cross R, Hold
- 5,6 Step R to R with sway, Step L to L with Sway
- 7&8 Full turn to R (R, L, R) with small steps

## 1/2 R, Hold, R Ronde, Sit, Shoulder Roll, Jump

- 1-2 ½ R and step L to side, Hold
- 3-4 Draw a circle with R in the front CW, R ronde to the back of L
- 5 Sit on the R with bend knees, L touch in the front
- 6 Roll L shoulder
- 7&8 Roll shoulder R, L, jump and straighten both legs with hands stretch up (R hand hold L hand, palm facing up)

## L Hitch, 1/4 L, Rock, Recover, 1/4 R, Rock, Recover, 1/4 L, Sway R, Sway L

- 1,2 L hitch up (both hands down, look like hitting your knee with palms) Turn ¼ L and Step L forward
- 3&4 Rock R over L, recover, Slide ¼ R and Step
- 5&6 Rock L over R, recover, Slide ¼ L and Step
- 7 Sway R (look to R, R hand on L shoulder, L hand on R waist)
- 8 Sway L (look to L, R hand slide to R shoulder, L hand slide to L waist)

## Step, Full Turn R Step, Hold, 1/2 L Step, Point x3, Sit, Rody Roll Up

- 1,2 Step R to R, Full turn R with ball of R, Step L together
- 3-4 Hold, ½ L with ball of L, step R together
- 5&6& L point forward, Step together, R point forward, Step together
- 7&8 L point forward, Step together with bend knees, Body roll up

## TAG: (3 o'clock) 16 counts

### Weight shift, heel up

- 1-2 R heel up, Hold ( Body lean forward, both hands at the side)
- 3,4 Shift weight to R with L heel up, Shift weight to L with R heel up
- 5-6 Shift weight to R with L heel up, Hold
- 7,8 Shift weight to L with R heel up, Shift weight to R with L heel up

## Hand Movement

- 1,2 ¼ L and step L back, Raise up R hand (hold fist, elbow bend)
- 3,4 L hand on top of R (fingers open), Turn L elbow down (now R elbow point R)
- 5,6 Turn both hands over head from back to front, Stop at the R side of face
- 7,8 Slide both hands from R of face to L of face

## TAG: (12 o'clock) 16 counts x2

Do the same as Tag at 3:00 0'clock, but don't turn, keep doing face front wall

## ENDING:

Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn

1-2 Step R to R , Hold  
3-4 Cross L over R, Hold  
5,6 Step R to R with sway, Step L to L with Sway  
7,8 Full turn R, L step together

**Keep doing this, like you are dancing out of the stage until music ends.**

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