

Sweat

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Amy Ooi (MY) - April 2015
音乐: Sweat by Snoop Dogg vs David Guetta (Remix)



Dance starts after 16 counts.

- 1234 Step RF forward, Touch LF to side, Hold count 3, Touch LF beside RF
56 Step LF forward, Turn 1/2L weight on RF (6:00)
78 Step LF forward, Touch RF to side
- 12 Rock RF in place, Recover on LF
34 Repeat Step 1,2
56 Step RF forward, Touch LF to side
78 Step LF forward, Touch RF to side (6:00)
- 12 Step RF diagonally forward to L, Touch LF forward (4:30)
3&4 Do chest pop start with sink in, push out and in again
56 Step LF back, Touch RF forward
78 Turn 1/4R & Step RF forward, Touch LF to side (9:00)
- 12 Cross LF over RF, Step RF to side
34 Turn 1/4L & Step LF back, Hitch RF (6:00)
56 Step RF forward, Turn 1/4R & Step LF to side
78 Turn 1/4R & Step RF back, Hitch LF (12:00)
- 1&2 Rock LF forward, Recover on RF, Step LF together
3&4 Rock RF forward, Recover on LF, Step RF together
&56 Ball Step LF to side, Step RF to side, Hold Count 6
&7 Ball Step LF beside RF, Cross RF over LF,
&8 Step LF behind RF, Cross RF over LF (12:00)
- 12 Turn 1/4R & Step LF back, Step RF to side (3:00)
34 Both feet in place and do hand movement, R hand out then L hand out
56 Hold (Hands : Push both elbows back), Touch RF beside LF
7&8 Kick RF forward, Ball step on RF, Cross LF over RF
- 12 Step RF to side, Touch LF to side
34 Step LF to side, Touch RF to side
56 Step RF to side, Touch LF beside RF or do a little jump on both feet
78 Step LF to side, Touch RF beside LF or do a little jump on both feet (3:00)
- 12 Step RF forward, Turn 1/2L weight on LF
34 Repeat Steps 1,2 (3:00)
56 Cross RF over LF, Turn 1/4R & Step LF back (6:00)
78 Step RF to side, Close LF together
- Tag at Wall 3 (12:00) (2x8) (OR DO YOUR OWN STYLING)**
1& Step on ball of RF & LF, alternating quickly & lively (wiggle)
2&-8 Repeat Steps 1&
- 1 Turn 1/2R & Step LF to side

2-8

Tap RF in place

Contact: nickyty@gmail.com
