

Sweat

COPPERKNOB
STEPSHEETS

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

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