

# Sweat

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Phrased High Improver  
编舞者: Taren Gaia (SA) - April 2020  
音乐: Suda (Alternate Version) - Melanie Pfirman, Pitbull & IAmChino : (Album: Suda, Delux)



Sequence: A, B, B, A, B, B, A, B (restart), B, A, B, B

Note: This is a Samba Rhythm, but I have simplified the counts except for the Bota Fogas. Please feel free to dance it with samba timing if it makes it easier.

## Part A

### Side Step, Hold, 1/4 Turn, Hold, Quarter Pivot, Step Together, Step in Place

1-4      Step RF to R side, Hold, Make 1/4 Turn Left step LF in place, Hold  
5-6      Step RF Fwd, Make 1/4 Turn Left step LF in place  
7-8      Step RF to LF, Step LF next to RF

### Side Step, Hold, 1/4 Turn, Hold, Quarter Pivot, Step Together, Step in Place

1-4      Step RF to R side, Hold, Make 1/4 Turn Left step LF in place, Hold  
5-6      Step RF Fwd, Make 1/4 Turn Left step LF in place  
7-8      Step RF to LF, Step LF next to RF

## Part B

### Fwd Mambo, Back Mambo, Side Mambo Cross, Side, Behind

1&2      Step RF Fwd, recover weight onto LF, Step RF to LF  
3&4      Step LF Back, recover weight onto RF, Step LF to RF  
5&6      Step RF to R Side, recover weight onto LF, Step RF over LF  
7-8      Step LF to L side, Step RF behind LF (styling option: Shimmy shoulders as you weave)

### Side Rock Recover, Coaster Step, Toe Strut, Rocking Chair\*\*

1-2      Step LF to L Side, Recover weight onto RF  
3&4      Step LF back, Step to RF to LF, Step LF forward  
5-6      Tap R Toe forward with a hip bump to R, Step RF Fwd  
7&8&      Step LF Fwd, Recover Weight onto RF, Step LF back, Recover weight onto RF \*\*

(styling option: do fwd step of rocking chair on the heel)

\*\*Restart here: replace rocking chair with the following:

7-8      Make ¼ turn R tap L Toe Fwd, Step LF fwd

### Bota Foga x 4 (making a 1/4 Turn Right)

1a2      Step LF over RF, Step RF to R Side, recover weight onto LF  
3a4      Step RF over LF to face 1:30, Step LF to L side, Recover weight onto RF  
5a5      Step LF over RF, Step RF to R Side, recover weight onto LF  
7a8      Step RF over LF to face 3:00, Step LF to L side, Recover weight onto RF

### Weave, Side Press, Back Press, Walk x2

1-2      Step LF over RF, Step RF to R Side  
3&4      Step LF Behind RF, Step RF to R Side, Step LF over RF  
5&      Press RF to R side with Hip bump, Recover onto LF,  
6&      Press RF to back with Hip bump, Recover onto LF  
7-8      Step RF Fwd, Step LF Fwd

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Please do not alter the steps without the choreographer's permission.

