

Sweat

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.

