

# Sweat

拍数: 32      墙数: 4      级数: Improver  
编舞者: Tamara B. Brochu (CAN) - September 2024  
音乐: sweat - Haiden Henderson



Intro : 16 counts

Restart: During wall 6 after the first 16 counts

[1-8] RF heel, LF heel, RF cross, LF step, RF paddle 2x, hip circle

- 1            RF heel in front
- &2           Small jump to put weight back on RF and put LF heel in front
- &3           Small step to put weight back on LF and cross RF in front of LF
- 4            LF step to the side
- 5-6          Paddle with RF doing a ¼ turn to your left
- 7-8          Hip circle

[9-16] RF Walk, LF walk, RF mambo step, LF back , RF back, LF point, LF hook ¼ turn

- 1-2           RF walk forward, LF walk forward
- 3 & 4        RF mambo step to the front (RF in to front, bring weight back on LF foot, RF foot back)
- 5-6          LF step back, RF step back
- 7            LF point to the left side
- 8            LF hook doing a ¼ turn to the left

Restart: \*\*Restart here after the first 16 counts on the 6th wall (you have to do a small step to bring back weight on LF to start over with RF)\*\*

[17-24] LF shuffle, RF rocking chair, RF rock step, RF shuffle ½ turn

- 1&2           LF shuffle going forward
- 3&4           RF doing a rocking chair (RF rock step to the front, RF rock step to the back)
- 5-6          RF rock step to the front
- 7&8          RF shuffle doing a ½ turn to your right

[25-32] LF cross, RF samba step, RF cross, LF samba step , LF ¼ turn, LF cross, RF sweep

- 1&2           LF step in front of RF, RF samba step (put RF to the right side then bring weight back on LF)
- 3&4           RF step in front of LF, LF samba step (put LF to the right side then bring weight back on RF)
- 5-6          LF step forward, turn ¼ to the right
- &            LF cross in front of RF
- 7-8          RF sweep to the right (you can decide to point RF to the right while bringing your upper body down & bringing it back up to make the dance sexier)

Tiktok: @countrysistersatj