

Sweat

拍数: 64 墙数: 4 级数: Advanced
编舞者: Michael Kiehm & Michael John Kielbasa
音乐: Streetwalker - Michael Jackson



KICK N TURN, LOCK TRIPLES, SPIN TO PRESS

1a2 Left hitch ball change) turning to the right
3a4 Lock with left foot in front, towards right wall
5a6 Swivel $\frac{1}{2}$ left on the left foot and lock with the right in front towards the left wall
7a8 Spin to the right (three steps) to end leaning to the left on the left foot

BODY ROLL DOWN, POINTS, BODY ROLL UP, FAN TO TRIPLE SLIDE

1 Roll down sideways to the left
a2 Close right to left, point left to the side
a3 Close left to right, place right heel on the floor to the right side
4 Roll up to the right foot and fan the left to spin $\frac{1}{2}$ to the right
5a6 Triple and slide back towards the left wall
7 Hold
a8 Quick ball change with slight drop into knees

SPIN TO THE RIGHT, FUNKY APPLEJACKS

1 Step forward & spin to the right to end with the right foot next to the left without weight
2 Step right with lean (open left toe while keeping the left heel pressed into the floor)
a3 Then tap the left toe in and step to the left with the same action as the right foot lean
4-5a6a7a8 Repeat four times

HOOK TRIPLE, TWISTS, BODY ROLL UP

1a2 Right foot hooks behind left, left to the side, right foot forward
3-4 Swivel $\frac{1}{8}$ turn to the right into twists (face front right corner of the room)
5-8 Body roll up to the right foot

ATTITUDE WALK, QUICK FEET

1-4 Walk four steps forward towards the right front corner of the room (with attitude)
5&a6 Cross the right foot over the left foot, replace the left, step to the right with the right foot, replace the left again
&7-8 Cross the right over the left with full weight, then step wide side to the left with the left foot, then close the right to the left without weight (tap)

Keep body over the left foot during the ball changes until the final cross of the right over the left

CIRCLE MOON WALK, VOLTA CROSS

1a2 Press right foot into the floor while sliding the left foot back on a diagonal then around to the front ending slightly crossed over the right foot. (the right foot starts with the toe, when the heel touches the ground, the toe releases as the foot rotates $\frac{1}{4}$ to the left. The left foot crosses at this time)
3-6 Do this two more times turning $\frac{3}{4}$ left overall
7a8 Swivel $\frac{1}{4}$ turn left to face front and cross the right over left two times

SPLIT POSE, ELVIS KNEES, BALL CHANGES, ELEVATION

1-2 Step left and look down at left side (feet apart), bend right knee inwards
3a4a Lean right with left knee inwards, stay leaning right while breaking back with the left, forward with the left, back with the left
5a6 Point the left leg forward and slightly across the body while elevating on the right

7 Hold
a8 Ball change

DIAMOND STEP, BACK SPIN TO NEW WALL, SHORTY GEORGE

1-2 Cross left over right, step back turning to the left
3a4 Spin left three steps to end facing left wall
5a6 Kick right foot to the side, close, small step forward (kick ball change)
7a8 Three runs forward (flexing knees right left right)

REPEAT
