

# Dancing Up A Sweat

**COPPER KNOB**  
STEPSHEETS

拍数: 24      墙数: 2      级数: Beginner  
编舞者: Irene Groundwater (CAN)  
音乐: Sweat (Alalalalong) - I & R Lewis



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## RIGHT FOOT FORWARD, SNAP FINGERS, LEFT FOOT FORWARD, 2 SNAP FINGERS

1-2            Right foot forward, snap fingers shoulder height on right side of body  
3&4           Left foot forward, snap fingers shoulder height on left side of body twice

## RIGHT SIDESTEP, TOGETHER, RIGHT SIDESTEP, SCUFF LEFT TOE BESIDE RIGHT FOOT

5-6            Step right foot to right side, close left foot to right foot  
7-8            Step right foot to right side, scuff left foot beside right foot

## LEFT SLOW SHIMMY, CLOSE, HOLD

9-10           Sidestep left foot as you shimmy to the left for 2 counts  
11-12          Close right foot to left foot, hold

## ¼ TURN LEFT ON RIGHT FOOT, TOUCH LEFT BESIDE RIGHT, ¼ TURN LEFT ON LEFT FOOT, TOUCH RIGHT BESIDE LEFT

13-14          Right foot forward (pivoting ¼ turn left on right foot), touch left foot beside right foot  
15-16          Left foot forward (pivoting ¼ turn left on left foot), touch right foot beside left foot

## RIGHT KICK BALL CHANGE, RIGHT FORWARD, (PIVOT ½ TURN LEFT AS LEFT TOUCHES TO RIGHT FOOT)

17&18          Kick right foot forward, step down on ball of right foot, step down on left foot  
19-20          Right foot forward, pivot ½ turn left on right foot as left foot touches beside right foot

## LEFT KICK BALL CHANGE, LEFT FORWARD, (PIVOT ½ TURN RIGHT AS RIGHT TOUCHES TO LEFT FOOT)

21&22          Kick left foot forward, step down on ball of left foot, step down on right foot  
23-24          Left foot forward, pivot ½ turn right. On left foot as right foot touches beside left foot

## REPEAT

## FINISH

## RIGHT FORWARD, SIDE STEP LEFT STRETCHING BOTH ARMS OUT SIDWAYS

1-2            Right foot forward, side step left holding both arms outstretched in a 'T' formation

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