

# Keep Sweating

COPPER KNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Intermediate / Advanced  
编舞者: Queendy Lee (CAN) & Emily Woo (CAN) - May 2010  
音乐: Keep Sweatin' (feat. Fat Joe) - Ray J



**Intro: Start after 32 counts, approx 18 sec.**

**Sequence: AAA Tag (3 o'clock) AAA Tag (3 o'clock) AAAA Tag (12 o'clock) x2 Ending**

## Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn

1-4            Step R to R, Hold, L cross R, Hold  
5,6            Step R to R with sway, Step L to L with Sway  
7&8            Full turn to R (R, L, R) with small steps

## 1/2 R, Hold, R Ronde, Sit, Shoulder Roll, Jump

1-2            ½ R and step L to side, Hold  
3-4            Draw a circle with R in the front CW, R ronde to the back of L  
5                Sit on the R with bend knees, L touch in the front  
6                Roll L shoulder  
7&8            Roll shoulder R, L, jump and straighten both legs with hands stretch up (R hand hold L hand, palm facing up)

## L Hitch, 1/4 L, Rock, Recover, 1/4 R, Rock, Recover, 1/4 L, Sway R, Sway L

1,2            L hitch up (both hands down, look like hitting your knee with palms) Turn ¼ L and Step L forward  
3&4            Rock R over L, recover, Slide ¼ R and Step  
5&6            Rock L over R, recover, Slide ¼ L and Step  
7                Sway R (look to R, R hand on L shoulder, L hand on R waist)  
8                Sway L (look to L, R hand slide to R shoulder, L hand slide to L waist)

## Step, Full Turn R Step, Hold, 1/2 L Step, Point x3, Sit, Rody Roll Up

1,2            Step R to R, Full turn R with ball of R, Step L together  
3-4            Hold , ½ L with ball of L , step R together  
5&6&            L point forward, Step together, R point forward, Step together  
7&8            L point forward, Step together with bend knees, Body roll up

## TAG: (3 o'clock) 16 counts

### Weight shift, heel up

1-2            R heel up, Hold ( Body lean forward, both hands at the side)  
3,4            Shift weight to R with L heel up, Shift weight to L with R heel up  
5-6            Shift weight to R with L heel up, Hold  
7,8            Shift weight to L with R heel up, Shift weight to R with L heel up

## Hand Movement

1,2            ¼ L and step L back, Raise up R hand (hold fist , elbow bend)  
3,4            L hand on top of R (fingers open), Turn L elbow down (now R elbow point R)  
5,6            Turn both hands over head from back to front, Stop at the R side of face  
7,8            Slide both hands from R of face to L of face

## TAG: (12 o'clock) 16 counts x2

**Do the same as Tag at 3:00 0'clock, but don't turn, keep doing face front wall**

## ENDING:

**Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn**

1-2 Step R to R , Hold  
3-4 Cross L over R, Hold  
5,6 Step R to R with sway, Step L to L with Sway  
7,8 Full turn R, L step together

**Keep doing this, like you are dancing out of the stage until music ends.**

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