

# Sweat

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Amy Ooi (MY) - April 2015  
音樂: Sweat by Snoop Dogg vs David Guetta (Remix)



Dance starts after 16 counts.

- 1234      Step RF forward, Touch LF to side, Hold count 3, Touch LF beside RF  
56      Step LF forward, Turn 1/2L weight on RF (6:00)  
78      Step LF forward, Touch RF to side
- 12      Rock RF in place, Recover on LF  
34      Repeat Step 1,2  
56      Step RF forward, Touch LF to side  
78      Step LF forward, Touch RF to side (6:00)
- 12      Step RF diagonally forward to L, Touch LF forward (4:30)  
3&4      Do chest pop start with sink in, push out and in again  
56      Step LF back, Touch RF forward  
78      Turn 1/4R & Step RF forward, Touch LF to side (9:00)
- 12      Cross LF over RF, Step RF to side  
34      Turn 1/4L & Step LF back, Hitch RF (6:00)  
56      Step RF forward, Turn 1/4R & Step LF to side  
78      Turn 1/4R & Step RF back, Hitch LF (12:00)
- 1&2      Rock LF forward, Recover on RF, Step LF together  
3&4      Rock RF forward, Recover on LF, Step RF together  
&56      Ball Step LF to side, Step RF to side, Hold Count 6  
&7      Ball Step LF beside RF, Cross RF over LF,  
&8      Step LF behind RF, Cross RF over LF (12:00)
- 12      Turn 1/4R & Step LF back, Step RF to side (3:00)  
34      Both feet in place and do hand movement, R hand out then L hand out  
56      Hold (Hands : Push both elbows back), Touch RF beside LF  
7&8      Kick RF forward, Ball step on RF, Cross LF over RF
- 12      Step RF to side, Touch LF to side  
34      Step LF to side, Touch RF to side  
56      Step RF to side, Touch LF beside RF or do a little jump on both feet  
78      Step LF to side, Touch RF beside LF or do a little jump on both feet (3:00)
- 12      Step RF forward, Turn 1/2L weight on LF  
34      Repeat Steps 1,2 (3:00)  
56      Cross RF over LF, Turn 1/4R & Step LF back (6:00)  
78      Step RF to side, Close LF together
- Tag at Wall 3 (12:00) (2x8) (OR DO YOUR OWN STYLING)**  
1&      Step on ball of RF & LF, alternating quickly & lively (wiggle)  
2&-8      Repeat Steps 1&
- 1      Turn 1/2R & Step LF to side

2-8

Tap RF in place

Contact: [nickyty@gmail.com](mailto:nickyty@gmail.com)

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