

Sweat

COPPER KNOB
STEPSHEETS

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.

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| 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)

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|------|--|
| 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

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