

# Sweat

拍數: 32 牆數: 4 級數: Improver / Intermediate  
編舞者: Lisa Williams (USA) - March 2021  
音樂: Sweat - Coastline



Count in 32 counts from start of track  
Restart wall 4 after 1st 8 counts

## Cross point Cross point jazz box

- 1-2 Cross right over left point left toe to the left side
- 3-4 Cross left over right quite right toe to the right side
- 5-6 Cross right over left step left back
- 7-8 Step right to right side Step left together (weight on left)

## Right Kickball change Right heel dig turn 1/4 Right,coaster step 1/4 turn Right Slide Right to Left

- 1 & 2 Kick right forward step on ball of right step left in place beside right
- 3-4 Twist both feet right heel down turning 1/4 to the right (3:00) (turning heel dig)
- 5 & 6 Rock back on your right left foot back beside the right step right forward (coaster)
- 7-8 Step left forward turn 1/4 right slide right foot to the left foot (weight on Left) (6:00)

## 2x 1/2 shuffle turns back coaster step walk left walk right

- 1 & 2 Make a 1/2 turn right stepping back with the right foot close the left at the side of right Step back on the right (12:00)
- 3 & 4 Make a 1/2 Right stepping back with the left foot close the right foot at the side of left step back on the left (6:00)
- 5 & 6 Rock back right, left back beside right, right step forward
- 7-8 Step left foot forward step right foot forward

## Walk left point right, Cross point, 1/4 turn left jazz box

- 1-2 Step left foot forward point right toe to right side
  - 3-4 Cross right over left point left toe to left side
  - 5-6 Cross left over right step right back 1/4 turn
  - 7-8 Step left to left side tap right toe together (weight on Left) (3:00)
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