

# Make You Sweat

COPPERKNOB  
STEPSHEETS

拍數: 32                      牆數: 4                      級數: Improver  
編舞者: Ria Vos (NL) - June 2010  
音樂: Uhh La La La - Chi Hua Hua : (CD: Dansk Melodi Grand Prix 2005)



Intro: 24 counts, start on vocals

**Side, Touch, Side, Kick, Behind, ¼ Turn L, Step Fwd, Step, Pivot ½ Turn R, Step, Full Triple Turn L,**

1&                      Step R to Right Side, Touch L Next to R  
2&                      Step L to Left Side, Kick R to Right Diagonal  
3&4                    Step R Behind L, ¼ Turn Left Step Fwd on L, Step Fwd on R (9:00)  
5&6                    Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (3:00)  
7&8                    ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, Step Fwd on R (3:00)

**Rocking Chair, Step Pivot ¼ Turn R, Cross, Toe Struts, Chasse R**

1&2&                  Rock Fwd on L, Recover on R, Rock Back on L, Recover on R  
3&4                    Step Fwd on L, Pivot ¼ Turn Right, Cross L Over R (6:00)  
5&6&                  Step R Toe to Right Side, Drop R Heel, Cross L Toe Over R, Lower L Heel  
7&8                    Step R to Right Side, Step L Next to R, Step R to Right Side

**\*\*\*Restart Point wall 3**

**Arms Count 5-8: When he sings "From the tip of your toes to the top of your head"**

5&                    Both arms to Right Side, Snap fingers  
6&                    Both arms to Left Side, Snap Fingers  
7&8                    Both hands to Right side above your head palms facing out, "push up" twice

**Sway Out L, Sway Out R, Coaster Step, Jazz box ¼ Turn R, Lock Step Fwd**

1-2                    Step Out and Fwd on L with Hip Sway, Step Out on R with Hip Sway  
3&4                    Step Back on L, Step R Next to L, Step Fwd on L  
5&6                    Cross R Over L, ¼ Turn Right Step Back on L, Step R to Right Side (9:00)  
7&8                    Step Fwd on L, Lock R Behind L, Step Fwd on L

**Mambo Fwd, Run Back x3, Point, Hitch, Point, Flick, Big Side Step, Together**

1&2                    Rock Fwd on R, Recover on L, Step Back on R  
3&4                    "Run" Back Stepping L, R, L  
5&6&                  Point R to Right Side, Hitch R, Point R to Right Side, Flick R Behind L Leg  
7-8                    Step R Large Step to Right Side Dragging L Towards R, Step L Next to R

**Arms Count 5-8: When he sings "From the tip of your toes to the top of your head"**

5-6                    R arm to Right Side Snap fingers, Repeat on count 6  
7-8                    Swing R arm around above head palm of hand facing up

**Restart: There is one restart on wall 3 after count 16,**

**Add: Step L Next to R on the '&' Count and start again from count 1 (12:00)**

**Ending: You will end with count 1-4 of section 3, replace the Coaster step with:**

3&4                    Step Back on L, ½ Turn R Step Fwd on R, Step Fwd on L to end facing front wall