

MAKE YOU SWEAT

Choreographed by: Ria Vos

Description: 32 count, 4 wall, beginner/intermediate line dance

Music Suggestions: "Uhh La La La" by Chi Hua Hua

Intro: 24 counts, start on vocals



**DARE 2 DANCE
PRODUCTIONS**

SIDE, TOUCH, SIDE, KICK, BEHIND, TURN ¼ LEFT, STEP FORWARD, STEP, PIVOT TURN ½ RIGHT, STEP, FULL TRIPLE TURN LEFT

- 1& Step right to side, touch left together
2& Step left to side, kick right diagonally forward
3&4 Cross right behind left, turn ¼ left and step left forward, step right forward (9:00)
5&6 Step left forward, pivot turn ½ right, step left forward (3:00)
7&8 Turn ½ left and step right back, turn ½ left and step left forward, step right forward (3:00)

ROCKING CHAIR, STEP PIVOT TURN ¼ RIGHT, CROSS, TOE STRUTS, CHASSE RIGHT

- 1&2& Rock left forward, recover to right, rock left back, recover to right
3&4 Step left forward, pivot turn ¼ right, cross left over right (6:00)
5&6& Step right toe to side, drop right heel, cross left toe over right, lower left heel
7&8 Chassé side right, left, right

Restart point wall 3

Arms for counts 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 LEFT, SWAY OUT RIGHT, COASTER STEP, JAZZ BOX TURN ¼ RIGHT, LOCK STEP FORWARD

- 1-2 Step out and left forward with hip sway, step out on right with hip sway
3&4 Step left back, step right together, step left forward
5&6 Cross right over left, turn ¼ right and step left back, step right to side (9:00)
7&8 Locking chassé forward left, right, left

MAMBO FORWARD, RUN BACK X3, POINT, HITCH, POINT, FLICK, BIG SIDE STEP TOGETHER

- 1&2 Rock right forward, recover to left, step right back
3&4 Run back stepping left, right, left
5&6& Touch right to side, hitch right, touch right to side, flick right behind left leg
7-8 Step right large step to right side dragging left towards right, step left together
Arms for counts 5-8: when he sings "from the tip of your toes to the top of your head"
5-6 Right arm to right side snap fingers, repeat on count 6
7-8 Swing right arm around above head palm of hand facing up

REPEAT

RESTART

On wall 3 after count 16, add: step left together 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 left back, turn ½ right and step right forward, step left forward

Choreographer Contact Information:

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This step sheet is provided by Michael Diven – Instructor/Choreographer for Dare 2 Dance Productions.

If you have any questions regarding this step sheet or for booking information, please contact us at

(717) 651-9453 or e-mail us at cwdance@localnet.com. You can even visit us on the web at

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