

Make You Sweat

32 count, 4 wall, beginner/intermediate level
 Choreographer: Ria Vos, NL (June 2010)
 Choreographed to: "Uhh La La La" by Chi Hua Hua

Intro: 24 counts, start on vocals

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

Section 2 Rocking Chair, Step Pivot 1/4 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 1/4 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

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*

Restart *...occurs here on wall 3*

Section 3 Sway Out L, Sway Out R, Coaster Step, Jazz box 1/4 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, 1/4 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

Section 4 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, 1/2 Turn R Step Fwd on R, Step Fwd on L to end facing front wall*

Quelle:

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