

"Sweat"

Advanced 64 count 4 wall line dance

Choreographed by: Michael Kichm & John Kielbasa

Step description written by: Donna Candill

- 1&2 L kick ball change w/1/4 turn to R (facing 3:00)
3&4 Shuffle forward L R L
& ½ trace turn L on L foot (facing 9:00)
5&6 Shuffle forward R L R
7&8 1 1/4 turning shuffle L R L w/press line on L foot on count 8 (facing 12:00)
- 1&2 Step down on L on count 1, on "&" count step R next to L, on count 2 point
L toe out to left side (facing 12:00)
&3 On "&" count step L next to R, on count 3 point R heel forward
4 Body roll up w/weight ending on R foot (facing 12:00)
5 Ronde' w/L foot ½ turn R (facing 6:00)
&6 Step on L on "&" count, step on R on count 6
&7 Step back on L on "&" count, drag R heel to L on count 7
&8 Ball R, change step forward L weight on L (facing 6:00)
- 1 2 & 3 1 1/2 turn to R starting on R (R L R L) (facing 12:00)
4 Tap R next to L
5&6&7&8 Modified Apple Jacks
Step down on R as L toe pushes (or as I say Squishes) out to L
Repeat on L
Repeat on R
Repeat on L
(Tap your ankle on the "&" count each time)
- 1&2 Grapevine weave to L starting w/R foot (facing 12:00)
Step R behind L, step L to L, step R over L
&3 4 5 Bring knee to front-roll in, roll out, roll in (facing 1:30)
6 Straighten L leg to prep for body roll-push hips back
7&8 Body roll up from hips to head ending w/weight on L foot (facing 1:30)
- 1 2 3 4 Attitude walks to R diagonal (facing 1:30)R L R L
5&6 Cross rock R over L, step on L in place, step R to R side (facing 12:00)
&7 Step on L, step R over L
&8 Step on L to L side, slide R to L (facing 12:00)

Moon walks in circle

- 1 Step down on R-at the same time slide L foot out to L & slightly diagonal
2 Ronde' L foot around R & turn 1/3 turn L, step weight on L(facing 7:30)
& Tap R next to L
3 Repeat through count 6
4 (facing 4:30)
5
6 (facing 1:30)
7&8 Crossing triple R L R (facing 12:00)
- 1 Step L foot to L-look down @ L foot
2 3 Elvis knees R L-pop R knee in pop L knee in
&4 Step back on L on "&" count, step on R count 4
&5 Step forward L on "&" count, step on R count 5
&6 Step back on L on "&" count, step on R count 6
7 Kick L foot forward @ slight R diagonal & lift up on ball of R foot
&8 Ball change L R (facing 12:00)
- 1 2 ½ of a Jazz Box Square
Cross L over R, step back R w/1/4 turn L (facing 9:00)
3&4 Full turning triple L R L to L (facing 9:00)
5&6 R kick ball change to R diagonal
7&8 Triple step forward L R L (aka Shorty George) (facing 9:00)