

Sweat

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Level : Intermediate
Type : 1 Wall Line Dance
Counts : ABC (Part A: 48 Counts, Part B: 32 Counts, Part C: 16 Counts)
Music : "Sweat" by Mehrzad Marashi & Mark Medlock
Pattern : A, B, C, A, B, C, C, B, B, C, C

PART A

Walk x4, Half Turn Touch, Full Hip Circle

1 RF walk
2 LF walk
3 RF walk
4 LF walk
5 LF make left ½ turn on place,
RF touch to the side
6 Full hip circle (counter
clockwise) starting on the left
(stop hips on every count)

&

7

&

8

Side Touch Cross, Side Touch Cross, Push Full Turn

1 RF side touch
2 RF cross
3 LF side touch
4 LF cross
5 LF turn on place to the left
touch RF side (10.00)
6 LF turn on place to the left
touch RF side (8.00)
7 LF turn on place to the left
touch RF side (4.00)
8 LF turn on place to the left
RF step to side (12.00)

Lock Step, Lock Step, Step, In-In, Knee Bend, Stand Up

1 RF step diagonally forward
& LF lock behind RF
2 RF step diagonally forward
& LF step diagonally forward
3 RF lock behind LF
& LF step diagonally forward
4 RF step to the side
5 LF step together
6 RF step together
7 bend knee, upper body to left
8 stand up again

Walk ½ Turn, Side Shuffle, Side Shuffle

1 RF walk (start half turn left)
2 LF walk
3 RF walk
4 LF walk (end half turn left)
5 RF step to the side
& LF close next to RF
6 RF step to the side
7 LF step to the side
& RF close next to LF
8 LF step to the side

Weave to the Right, Side Heel Touch Weave to the Left, Side Heel Touch

1 RF step side right
& LF cross behind
2 RF step side right
& LF cross in front
3 RF step side right
4 LF heel touch to the side
5 LF step side left
& RF cross behind
6 LF step side left
& RF cross in front
7 LF step side left
8 RF heel touch to the side

Cross Touch Behind, Cross Touch Behind, Cross Jump, Jump Out, Hop Forward x3

1 RF touch diagonally backwards
2 RF step to the side
3 LF touch diagonally backwards
4 LF step to the side
5 jump, cross RF over LF
6 jump out
7 hop forward
& hop forward
8 hop forward

PART B

Rock Step Butt Bush x2, Step Back

Heel Swivels x4

- & LF step next to RF
- 1 RF rock to the side, raise left toe,
push butt diagonal backwards
- 2 recover weight
- & RF step next to LF
- 3 LF rock to the side, raise right toe
push butt diagonal backwards
- 4 recover weight
- 5 LF step back RF Heel Swivel
- 6 RF step back LF Heel Swivel
- 7 LF step back RF Heel Swivel
- & RF step to the side
- 8 LF touch to the side

Rolling Vine to Right, Touch Rolling Vine to Left, Touch

- 1 RF make ¼ turn to right,
step forward
- 2 LF make ½ turn to right,
step backwards
- 3 RF make ¼ turn to right,
step to right side
- 4 LF touch next to RF
- 5 LF make ¼ turn to left,
step forward
- 6 RF make ½ turn to left,
step backwards
- 7 LF make ¼ turn to left,
step to left side
- 8 RF touch next to LF

Toe Strut x2, Out-Out, Hold, Chest

Pump x2

- 1 RF touch forward
- 2 step on RF
- 3 LF touch forward
- 4 step on LF
- & RF step to the side
- 5 LF step to the side
- 6 recover
- 7 chest pump, chest pump
- &
- 8
- &

Pivot Turn, Step Turn, Back Pressure Steps x4, Side Step

- 1 RF step forward
- 2 pivot ½ turn left
- 3 RF step forward
- & RF make ½ turn left
(keep weight on RF)
- 4 LF press forward
- & LF step back
- 5 RF press forward
- & RF step back
- 6 LF press forward
- & LF step back
- 7 RF press forward
- & RF step back
- 8 LF step to the side

PART C

Mambo Front, Mambo Back, Right Mambo, Left Mambo

1	RF	mambo step forward
&		weight on left foot
2	RF	together
3	LF	mambo step back
&		weight on right foot
4	LF	together
5	RF	mambo step to the right
&		weight on left foot
6	RF	together
7	LF	mambo step to the left
&		weight on the right food
8	LF	together

Step with Knee Actions x2, Syncopate Forward x4

1	RF	step to side, bend knees and push them to the outside
2	LF	close together
3	LF	step to side, bend knees and push them to the outside
4	RF	close together
&	RF	small step forward
5	LF	step next to RF
&	RF	small step forward
6	LF	step next to RF
&	RF	small step forward
7	LF	step next to RF
&	RF	small step forward
8	LF	step next to RF