

# Make You Sweat (□□□□ )

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**Count:** 32      **Wall:** 4      **Level:** Beginner/Intermediate

**Choreographer:** Ria Vos, NL (June 10)

**Music:** Uhh La La La by Chi Hua Hua (CD: Dansk Melodi Grand Prix)

□□□ **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**

□□ □□

□□ □ , □ **1/4** □ , □ □ □ , □ □ □

**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)**

□□□□□□ , □□ **90**□□□□□□ , □□□□ (□□ **9**□□ )

**5&6**

**Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (3:00)**

□□□□ , □□□ **180**□ , □□□□ (□□ **3**□□ )

## 7&8

**½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L,**

**Step Fwd on R (3:00) □□ 180□□□□□□ , □□ 180□□□□□□ , □□□□ (□□ 3□□ )**

□□□

**Rocking Chair, Step Pivot**

**¼ Turn R, Cross, Toe Struts, Chasse R**

□□□ , □□ 1/4 □□ , □□ □□□□ , □□□

## 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)**

□□□□ , □□□ 90□ , □□□□□□□□□□ (□□ 6□□ )

## 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: 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)**

□□□□□□ , □□ &□□□□□ , □□ 12□□□□□□

**Arms** □□

**Count 5-8: When he sings “From the tip of your toes to**

**the top of your head”□□□ “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**

□ (□□ ) , □ (□□ ) , □□□ , □□□□□□□ **1/4,** □□□

**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)**

□□□□□□□□ , □□ 90□□□□□□ , □□□□ (□□ 9□□ )

## 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”**

□□□ “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**

□□□□□□□□