

# Make You Sweat

Count: 32    Wall: 4    Level: Beginner / Intermediate

Choreographer: Ria Vos

Music: "Uhh La La La" by Chi Hua Hua. CD: Dansk Melodi Grand Prix 2005

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**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&            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)
- 5&6          Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L (3:00)
- 7&8          ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, Step Fwd on R (3:00)

**Rocking Chair, Step Pivot ¼ 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 ¼ 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

**\*\*\*Restart Point wall 3**

**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

**Sway Out L, Sway Out R, Coaster Step, Jazz box ¼ 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, ¼ 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

**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, ½ Turn R Step Fwd on R, Step Fwd on L to end facing front wall