

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

INTRO: 24 count, start on vocals

SIDE, TOUCH, SIDE, KICK, BEHIND, 1/4 LEFT, FORWARD, STEP, PIVOT 1/2, STEP, TRIPLE FULL TURN

- 1& Step R to right, Touch L beside R
- 2& Step L to left, Kick R to right diagonal
- 3&4 Step R behind L, Turn ¼ Left step L forward, Step R forward [9:00]
- 5&6 Step L forward, Pivot ½ right, Step L forward [3:00]
- 7&8 Turn ½ left step R back, Turn ½ left step L forward, Step R forward [3:00]

ROCKING CHAIR, STEP, PIVOT 1/4, CROSS, SIDE TOE STRUT, CROSS TOE STRUT, CHASSE RIGHT

- 1&2& Rock L forward, Recover onto R, Rock L back, Recover onto R
- 3&4 Step L forward, Pivot ¼ right, Cross L over R [6:00]
- 5&6& Step R Toe to right, Drop R heel, Cross L Toe over R, Drop L heel
- 7&8 Step R to right, Step L beside R, Step R to right

ARMS COUNT 5-8: When he sings “from the tip of your toes to the top of your head”

- 5& Both arms to right, Snap fingers
- 6& Both arms to left, Snap fingers
- 7&8 Both hands to right side above your head palms facing out, “push up” twice

RESTART: Wall 3

SWAY OUT LEFT, SWAY OUT RIGHT, COASTER BACK, JAZZ BOX 1/4 RIGHT, STEP, LOCK, STEP

- 1,2 Step L out and forward with Hip sway, Step R out with Hip sway

ENDING: See below

- 3&4 Step L back, Step R beside L, Step L forward
- 5&6 Cross R over L, Turn ¼ right step L back, Step R to right [9:00]
- 7&8 Step L forward, Lock R behind L, Step L forward

MAMBO, BACK, BACK, BACK, POINT SIDE, HITCH, POINT SIDE, FLICK, BIG SIDE STEP, TOGETHER

- 1&2 Rock R forward, Recover onto L, Step R back
- 3&4 “Run” Back Step L back, Step R back, Step L back
- 5&6& Point R to right, Hitch R, Point R to right, Flick R behind L leg
- 7,8 Step R large step to right dragging L towards R, Step L beside 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 snap fingers, L arm to left snap fingers
- 7,8 Swing R arm around above head palm facing up

32 REPEAT

RESTART: During Wall 3 after count 16, Add:

Step L beside R on the '&' Count and start again from beginning [12:00]

ENDING: Dance to count 18 then:

BACK, 1/2 RIGHT, STEP

- 3&4 Step L back, Turn ½ right step R forward, Step L forward to end facing front wall