

Sweat

Competition Step Sheet

DIVISION: Division 1 Allstars

Description: 64 Counts, 4 Walls, WCS, Non-Country
Choreographer: Michael Kiehm
Music: Sweat by Poppa Chubby (Special Edit)
Count in: 32 Count Intro



1-8 KICK BALL ¼ TURN, TRIPLE, HALF TURN, TRIPLE, 1 & ¼ TURN, POINT TO SIDE

1&2 Kick LF foot fwd, Step onto LF, Make ¼ turn R stepping fwd on R
3&4 Triple fwd L, R, L
& Make ½ Turn L on ball of LF
5&6 Triple fwd R, L, R
7&8 Make ½ Turn R stepping LF back, Make ¾ Turn R stepping RF fwd, Point L toe to L side (facing 12 o'clock)

9-16 BODY ROLL BACK, TOUCH, BODY ROLL FWD, BALLCHANGE ½ TURN, SLIDE, BALL CROSS

1&2 Facing R diagonal, start to body roll back, Step RF next to LF, point L toe back
&3,4 Facing R diagonal, Step LF next to RF, Step RF to R diagonal beginning to body roll up, finish body roll weight ending RF
5&6 Make ½ Turn over R shoulder on LF, Step RF in place, Slide LF to L side
7&8 Hold, Step RF next to LF, Cross LF over RF

17-24 1 & ½ TURN, SLIDE TOUCH, SIDE STEP TOUCHES

1 Make ¼ Turn to R stepping RF forward
2& Make a full turn in place over R shoulder stepping LF, RF
3,4 Making ¼ Turn L Slide LF to L side (facing 12 o'clock), Touch RF beside LF
5& Step RF to R side, Touch LF beside RF
6& Step LF to L side, Touch RF beside LF
7& Step RF to R side, Touch LF beside RF
8 Step LF to L side

25-32 SAILOR STEP TO DIAGONAL, KNEE TURNS, BODY ROLL

1&2 Cross RF behind LF, Step LF to L side, Step RF to R diagonal
3,4 Touch ball of LF to R diagonal turning L knee in, Turn L knee out
5,6 Turn L knee in, Turn L knee out
7,8 Still facing R diagonal, body roll up, take weight onto LF

33-40 WALKS TO DIAGONAL, SYNCOPATED ROCKS, SLIDE TO THE SIDE

1-4 Facing R diagonal (1.30), Walk fwd R, L, R, L
&5 Cross Rock RF over LF, recover weight to LF
&6 Rock RF back, recover weight to LF
& Square up to 12 o'clock crossing RF over LF
7,8 Slide LF to L side, Close RF beside LF

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41-48 SLIDE & GLIDE SEQUENCE, CROSSING TRIPLE

- 1,2 Push off ball of RF, Slide LF back, Make ¼ Turn L closing RF to LF (face 9.00)
- 3,4 Push off ball of RF, Slide LF back, Make ¼ Turn L closing RF to LF (face 6.00)
- 5,6 Push off ball of RF, Slide LF back, Make ½ Turn L closing RF to LF (face 12.00)
- 7&8 Cross RF over LF, Step LF to L side, Cross RF over LF

49-56 ELVIS KNEES, BALLCHANGE, CROSS ROCKS, KICK BALLCHANGE

- 1 Step LF to L side turning L knee in
- 2 Turn R knee in
- 3 Turn L knee in
- &4 Step LF in place, Step RF in place
- &5 Facing R diagonal, Rock LF fwd, recover weight to RF
- &6 Facing R diagonal, Rock LF back, recover weight to RF
- 7&8 Still facing 1.30, Kick LF fwd, Step LF back, Step RF in place

57-64 CROSS, BACK, 1 & ¼ TURN, KICK INTO BOOGIE WALKS

- 1,2 Cross LF over RF, Step RF back squaring up to 12 o'clock
- 3&4 Step LF fwd making ¼ turn to L, Full turn over LF shoulder stepping RF next to LF, Step LF fwd (facing 9 o'clock)
- 5&6 Kick RF to R side, Close RF beside LF, Boogie walk fwd on LF
- 7&8 Boogie walks fwd R, L, R