

# MAKE YOU SWEAT

**Choreographed by:** Ria Vos, NL (June 10)

**Description:** 32 count - 4 wall - Beginner/Intermediate level line dance

**Source:** www.yipee.sg

**Music:** **Uhh La La La** by Chi Hua Hua (CD: Dansk Melodi Grand Prix)  
90 bpm, 8&16 count intro, start on vocals

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## **Side, Touch, Side, Kick, Behind, ¼ L, Step, Step, Turn ½ R, Step, Full Triple 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, ¼ R, Cross, Toe Struts, Chasse R**

1&2& Rock rwd 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

**Note: Restart here on wall 3**

**Option on cts 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 R, 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

**Optional 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