

Make You Sweat

32 Count, 4 Wall, Improver

Choreographer: Ria Vos (NL) June 2010

Choreographed to: 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& 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
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

Music download available from iTunes