



# MAKE YOU SWEAT

Choreographed by Ria Vos

32 Count, 4 Wall, Beginner / Intermediate level line dance

Music: Uhh La La La by Chi Hua Hua

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**Intro: 24 counts, start on vocals**

**Side, Touch, Side, Kick, Behind, 1/4 Turn L, Step Fwd, Step, Pivot 1/2 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, 1/4 Turn Left Step Fwd on L, Step Fwd on R (9:00)
- 5 & 6 Step Fwd on L, Pivot 1/2 Turn Right, Step Fwd on L (3:00)
- 7 & 8 1/2 Turn Left Step Back on R, 1/2 Turn Left Step Fwd on L, Step Fwd on R (3:00)

**Rocking Chair, Step Pivot 1/4 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 1/4 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

**Styling Arms** On Counts 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

**RESTART Point wall 3**

**Sway Out L, Sway Out R, Coaster Step, Jazz box 1/4 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, 1/4 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

**Styling Arms** On Counts 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, 1/2 Turn R Step Fwd on R, Step Fwd on L to end facing front wall

(Originally taught by Elysium Dance Designs September 2010 )

