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| Break A Sweat |  |

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| **Count:** | 32 | **Wall:** | 4 | **Level:** | Intermediate | . |
| **Choreographer:** | Cody Flowers (USA) - October 2015 | | | | |
| **Music:** | Break a Sweat - Becky G. | | | | |
| . | | | | | | |

**(1-8) Touch-Together-Step, ¼ Turn Right Coaster, Touch-Step, ¼, ¼ Coaster**

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| 1&2 | Touch LF to left side, Touch LF beside RF, Step LF to left side |

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| 3&4 | ¼ Turn right (3:00) stepping back on RF, Step LF beside RF, Step RF forward |

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| 5 6 | Touch LF forward, Step down on LF making a ¼ Turn right |

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| 7&8 | ¼ Turn right stepping back on RF, Step LF beside RF, Step RF forward |

**(9-16) Kick & Touch, Kick & Touch, Swivel ¼ Left, Step ¼ Right, Paddle ¾ Turn**

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| 1&2 | Kick LF forward, Step LF beside RF, Touch RF to right side |

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| 3&4 | Kick RF forward, Step RF beside LF, Touch LF back |

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| 5 6 | Pivot ¼ Turn left putting weight on LF, ¼ Turn right stepping forward on RF |

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| 7 8 | Step forward on LF pivoting ¼ Turn right moving weight to RF, Step forward on LF pivoting ½ Turn right moving weight to RF |

**(17-24) Cross, Step, Step, Step Forward, ¼ Turn Touch, Cross, ¼, Step Back, Body Roll**

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| 1&2 | Cross LF over RF, Step RF to right side, Shift weight to LF |

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| 3 4 | Step forward on RF, ¼ Turn right touching LF to left side |

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| 5 6 | Cross LF over RF, ¼ Turn left stepping back on RF |

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| 7&8 | Step back on LF, (Top to Bottom) Body Roll (weight ends on LF) |

**(25-32) Rock-Recover, Coaster Step, Rock-Recover, Full Turn Left**

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| 1 2 | Rock RF forward, Recover weight on LF |

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| 3&4 | Step back on RF, Step LF beside RF, Step forward on RF |

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| 5 6 | Rock LF forward, Recover weight on RF |

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| 7 8 | ½ Turn left stepping forward on LF, ½ Turn left stepping back on RF |

**To begin the dance again, make a ¼ Turn left touching your LF to the left side for count 1.**