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| Sweat and Dust |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Intermediate | . |
| **Choreographer:** | Neus Lloveras (ES), Séverine Fillion (FR), Adriano Castagnoli (IT), Stefano Civa (IT) & Jgor Pasin (IT) - June 2022 |
| **Music:** | Be That for You - High Valley : (Album : Way Back) |
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**Choreography written specially for the Sweat and Dust Festival in Rome on 2-3-4 & 5 june 2022**

**Intro : 16 counts**

**Dance the TAG after 16 counts intro and start the dance with lyrics**

**[1-8] SIDE, STOMP-UP, SIDE, STOMP-UP, COASTER STEP, SCUFF**

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| 1-4 | Right to right, Stomp-up left next to right, Left to left, Stomp-up right next to left |

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| 5-8 | Right step back, left next to right, right step fwd, Scuff left |

**[9-16] VINE TO LEFT, SIDE POINT, ROLLING VINE TO RIGHT, SCUFF**

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| 1-4 | Left to left, right cross behind left, left to left, Touch right to to the right |

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| 5-8 | 1/4 T right & right fwd, 1/2 T right & left back, 1/4 T right & right to right, Scuff left |

**[17-24] TOE STRUT FWD, 1/4 TURN & TOE STRUT FWD, VINE TO LEFT, HOOK BACK**

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| 1-4 | Toe Strut left fwd, 1/4 turn right & Toe Strut right fwd 3:00 |

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| 5-8 | Left to left, right cross behind left, left to left, Hook right back |

**[25-32] SIDE, HOOK BACK, 1/4 TURN & BACK, HOOK, TRIPLE STEP FWD, SCUFF**

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| 1-2 | Right to right, Hook left back |

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| 3-4 | 1/4 turn right stepping left back, Hook right back 6:00 |

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| 5-8 | Triple step right – left – right fwd , Scuff left |

**[33-40] CROSS, SIDE, HEEL, HOOK BACK, STEP DIAGONALLY FWD, STOMP-UP, BACK, STOMP**

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| 1-4 | Left cross over right, right to right, left heel fwd, Hook left back |

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| 5-6 | Left step diagonally left fwd, Stomp-up right next to left |

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| 7-8 | Right step diagonally right back, Stomp left next to right |

**[41-48] SWIVEL LEFT FOOT TO LEFT, STOMP R, SWIVEL RIGHT FOOT TO RIGHT, SCUFF**

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| 1-4 | Swivel travelling to left : left toe, left heel, left toe, Stomp right next to left |

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| 5-8 | Swivel travelling to right : right toe, right heel, right toe, Scuff left |

**[49-56] MAMBO STEP FWD, HOLD, SAILOR STEP 1/4 TURN, SCUFF**

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| 1-4 | Rock step left fwd, recover on right, left step back, Hold |

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| 5-8 | Right cross behind left, 1/4 turn right & left to left, right fwd, Scuff left 9:00 |

**[57-64] STEP FWD, TOUCH BEHIND, BACK, KICK, SAILOR STEP 1/4 TURN, STOMP-UP**

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| 1-4 | Left step fwd, Touch right toe just behind left, right step back, left kick fwd |

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| 5-8 | Left cross behind right, 1/4 turn left & right to right, left fwd, Stomp-up right 12:00 |

**TAG : In Intro after 16 musical counts and after the wall 2 at 12:00**

**[1-8] SIDE, STOMP-UP, 1/4 TURN & ROCK FWD, 1/4 TURN & STEP FWD, HOLD, STEP 1/2 TURN & HOOK**

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| 1-2 | Right to right, Stomp-up left next to right |

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| 3-4 | 1/4 turn left & Rock step left fwd, recover on right 9:00 |

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| 5-6 | 1/4 turn left & left step fwd, Hold 6:00 |

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| 7-8 | Right step fwd, 1/2 turn left & Hook left back 12:00 |

**[9-16] STEP FWD, HOLD, TRIPLE STEP FWD, HOLD, STOMP, STOMP-UP**

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| --- | --- |
| 1-2 | Left step fwd, Hold |

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| --- | --- |
| 3-6 | Triple step right – left – right fwd, Hold |

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| 7-8 | Left Stomp in place, Stomp-up right next to left |

**RESTART : After the wall 4 at 12:00, dance the 16 firts counts of the dance, then the music stops.**

**STOMP left and HOLD 7 counts, then Start again at the beginning with lyrcis.**

**FINAL : Kick right fwd, Cross right over left, Unwind full turn to left !**

**SEQUENCE : INTRO – TAG – 64 – 64 – TAG – 64 – 64 – 16 – STOMP HOLD 7 – 64 – 64 FINAL**

**HAVE FUN & ENJOY !!**