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| Dancing Up A Sweat |  |

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| **Count:** | 24 | **Wall:** | 2 | **Level:** | Beginner | . |
| **Choreographer:** | Irene Groundwater (CAN) | | | | |
| **Music:** | Sweat (Alalalalong) - I & R Lewis | | | | |
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**RIGHT FOOT FORWARD, SNAP FINGERS, LEFT FOOT FORWARD, 2 SNAP FINGERS**

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| 1-2 | Right foot forward, snap fingers shoulder height on right side of body |

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| 3&4 | Left foot forward, snap fingers shoulder height on left side of body twice |

**RIGHT SIDESTEP, TOGETHER, RIGHT SIDESTEP, SCUFF LEFT TOE BESIDE RIGHT FOOT**

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| 5-6 | Step right foot to right side, close left foot to right foot |

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| 7-8 | Step right foot to right side, scuff left foot beside right foot |

**LEFT SLOW SHIMMY, CLOSE, HOLD**

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| 9-10 | Sidestep left foot as you shimmy to the left for 2 counts |

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| 11-12 | Close right foot to left foot, hold |

**¼ TURN LEFT ON RIGHT FOOT, TOUCH LEFT BESIDE RIGHT, ¼ TURN LEFT ON LEFT FOOT, TOUCH RIGHT BESIDE LEFT**

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| 13-14 | Right foot forward (pivoting ¼ turn left on right foot), touch left foot beside right foot |

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| 15-16 | Left foot forward (pivoting ¼ turn left on left foot), touch right foot beside left foot |

**RIGHT KICK BALL CHANGE, RIGHT FORWARD, (PIVOT ½ TURN LEFT AS LEFT TOUCHES TO RIGHT FOOT)**

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| 17&18 | Kick right foot forward, step down on ball of right foot, step down on left foot |

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| 19-20 | Right foot forward, pivot ½ turn left on right foot as left foot touches beside right foot |

**LEFT KICK BALL CHANGE, LEFT FORWARD, (PIVOT ½ TURN RIGHT AS RIGHT TOUCHES TO LEFT FOOT)**

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| 21&22 | Kick left foot forward, step down on ball of left foot, step down on right foot |

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| 23-24 | Left foot forward, pivot ½ turn right. On left foot as right foot touches beside left foot |

**REPEAT**

**FINISH**

**RIGHT FORWARD, SIDE STEP LEFT STRETCHING BOTH ARMS OUT SIDEWAYS**

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| 1-2 | Right foot forward, side step left holding both arms outstretched in a 'T' formation |