S.W.E.A.T. Some More

Count: 64 **Wall:** 2 **Level:** Advanced
Choreographer: Darren Bailey (UK) & Matt Jenkins (UK)
Music: A Taste Of Boogie - Carboo

ELBOW BLOCKS, FIST THRUSTS, BODY ROLLS BACKWARD & FORWARD
Clench right fist/ 'grab' with left hand so that right arm is horizontal and right arm is vertical forming a right angle

1&	Thrust right elbow right, thrust right arm left

Change right to vertical & left to horizontal

2&	Thrust left elbow left, thrust left arm right
3&4	Same hand position thrust fists at 3 points down your body: head level, chest level, midriff
5-6	Body roll backwards starting from head to knees
7-8	Body roll forward starting from knees to head

RIGHT FOOT FLICKS, LEFT FOOT FLICKS, SINGLE FOOT FLICKS, STEP ½ TURN

1&	Flick right forward hopping on left, flick right to shin hopping on left
2&	Flick right forward hopping on left, step right beside left
3&	Flick left forward hopping on right, flick left to shin hopping on right
4&	Flick left forward hopping on right, step left beside right
5&	Kick right across left, step right beside left
6&	Kick left across right, step left beside right
7-8	Step right forward, pivot ½ turn over left shoulder

WALKS FORWARD, BODY ROLLS FORWARD & BACKWARDS, HIP ROLLS TURNING A ¼ TURN

1-2	Walk forward: right, left
3-4	Body roll forward starting from knees to head
5-6	Body roll backwards starting from head to knees
7-10	Hip rolls to the left over (4) counts while turning a ¼ turn right

STEP ½ TURN, PADDLE/PUSH TURNS TURNING 1 ½ TURNS

1-2	Step right forward, pivot ½ over left shoulder
3-6	Step right forward pushing yourself ½ a turn left, do this another 3 times completing 1 ½ turns

Counts (3-6) arms are bent at elbows with hands in the air clicking fingers

STREET WISE VERSION OF THE RUNNING MAN WITH ½ TURN RIGHT

1	Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal
&	Jump feet together hitching/raising left knee
2	Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal
&	Jump feet together hitching/raising right knee
3	Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal
&	Jump feet together hitching/raising left knee
4	Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal
&	Jump feet together turning ½ turn on the spot over right shoulder
5	Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal
&	Jump feet together hitching/raising right knee
6	Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal
&	Jump feet together hitching/raising left knee
7	Jump feet apart: left foot forward to left diagonal & right foot back to right diagonal
&	Jump feet together hitching/raising right knee
8	Jump feet apart: right foot forward to right diagonal & left foot back to left diagonal

&	Jump feet together

CLICK AT HEAD LEVEL, CLICK TO SIDES, LOCK BEHIND, UNWIND, SWITCHES

1-2	Click fingers at head level, click fingers out to sides: arms are parallel to ground
3-4	Lock-step right behind left, unwind a full turn over left shoulder
5&	Point right to right side, step right beside left
6&	Touch left heel forward, step left beside right
7	Flick right leg out and behind left leg in a circular motion going to the right
&8	Step right back slightly, touch left toe forward (weight on right)

KICK BALL POINTS, RONDE TURN TURNING ½

1&2	Kick left forward, step left beside right, point right toe to right side
3&4	Kick right forward, step right beside left, point left to left side
5-6	Touch left toe forward, sweep left toe around lock-stepping left behind right
7-8	Unwind ½ turn over left shoulder

2 SHUFFLES FORWARD, FULL TURN, ¼ PIVOT TURN SHARPLY

1&2	Step right forward, step left beside right, step right forward
3&4	Step left forward, step right beside left, step left forward
5-6	Stepping right, left: turn ½ turn left each time on balls of both feet
7-8	Step right forward, pivot a ¼ turn left

REPEAT
