

Main Event

Count: 172

Wall: 4

Level: Advanced

Choreographer: Robert Cordoba (USA) & Doug Endo (USA)

Music: Gonna Make You Sweat - C&C Music Factory



Start 1/4 turn to Right from main wall

- | | |
|-------|---|
| 1-4 | Forward 4 steps (right, left, right, left) |
| & | Running man Bring right foot up to left knee |
| 5 | Bring right down, slide left back |
| & | Bring left foot up to right knee |
| 6 | Bring left down, slide right back |
| & | Bring right foot up to left knee |
| 7 | Step forward on right pivoting $\frac{1}{4}$ to left |
| 8 | Slide left behind right |
| | |
| 9 | Hop cross left over right |
| 10 | Pivot $\frac{1}{2}$ to right |
| 11&12 | Hop 3 times pivoting $\frac{1}{2}$ to left |
| | |
| 13-14 | Push step to right with right, back to center |
| 15-16 | Push step to left with left, back to center |
| 17-18 | Pivot $\frac{1}{4}$ turn to left, push to right with right, back to center |
| 19-20 | Pivot $\frac{1}{4}$ turn to right, push to left with left, back to center |
| | |
| 21 | Hop while pivoting to left $\frac{1}{4}$ |
| 22 | Hop while pivoting to right $\frac{1}{2}$ |
| 23 | Hop while pivoting to left $\frac{1}{2}$ |
| 24 | Hop backwards with both feet |
| 25 | Step to side with left |
| 26 | Slide right to left |
| 27 | Step forward with left |
| 28 | Slide right to left while pivoting $\frac{1}{4}$ to right |
| | |
| 29 | Hop forward with both feet |
| 30-32 | Pivot backwards on right a full turn using left to push 3 times |
| 33& | Kick right to side |
| 34& | Kick left to side |
| 35& | Toes out, in |
| 36& | Toes out, in, then pivot $\frac{1}{4}$ turn to left |
| 37& | Kick right to side |
| 38& | Kick left to side |
| 39& | Toes out, in |
| 40& | Toes out, in |
| | |
| 41-44 | Step with left 4 times to right turning $\frac{1}{2}$ (pivot on right, weight left) |
| 45-48 | Step with right 4 times to left turning $\frac{1}{2}$ (pivot on left, weight right) |
| | |
| 49&50 | Jump with feet apart, jump together, jump with feet apart |
| & | Jump $\frac{1}{2}$ to right, land with feet together |
| 51& | Jump out, jump in |

52&	Jump out, jump ½ to left, land with feet together
53&	Jump out, jump in
54&	Jump out, jump ½ to right, land with feet together
55&56	Jump out, jump in, jump out
57-60	Step with right 4 times to left turning ¼ (pivot on left, weight right)
61&	Kick left to front, step back left
62&	Step back right, step left in place
63	Step forward with right
64	Slide left to right, turn ¼ to left
65&	Kick left to front, step back left
66&	Step back right, step left in place
67	Step forward with right
68	Slide left to right, turn ¼ to left
69&	Kick left to front, step back left
70&	Step back right, step left in place
71	Step forward with right
72	Slide left to right, turn ¼ to left
73&	Kick left to front, step back left
74&	Step back right, step left in place
75	Step forward with right
76	Slide left to right, turn ¼ to left
77&	Kick left to front, step back left
78&	Step back right, step left in place
79	Step forward with right
80	Slide left behind right
81	Pivot ¼ to right while kicking out with left
&	Step in place with left
82&	Step behind with right, step to side with left
83&	Kick out with right, step in place with right
84&	Step behind with left, step to side with right
85&	Kick out with left, step in place with left
86&	Step behind with right, step to side with left
87	Step forward with right
88	Pivot ¼ to left, sliding left to right
&	Running man Bring right foot up to left knee
89	Bring right down, slide left back
&	Bring left foot up to right knee
90	Bring left down, slide right back
&	Bring right foot up to left knee
91	Step forward on right
&92	Swivel heels to right, then back to center
&	Running man Bring right foot up to left knee
93	Bring left down, slide right back
&	Bring right foot up to left knee
94	Bring right down, slide left back
&	Bring left foot up to right knee

95	Step forward on left
&96	Swivel heels to left, then back to center
97	Jump with feet apart
98	Jump together crossing right over left
99&100	Jump out, jump together, jump out
101-104	With feet apart, hop to right 4 times
105&	Moving back to left: toes in, out
106&	Toes in, out
107&	Toes in, out
108	Toes in
109	Right leg up to right with right arm up (elbow bent)
110	Step to right push right arm back
111-112	Step to right 2 times
113	Step back on right
114	Step back left
115	Step back right
116	Hold
117	Weight on left, pivot $\frac{1}{2}$ to left with right
118	Pivot $\frac{1}{2}$ back
119	Pivot $\frac{1}{2}$ to left
&120	Jump and cross right over left, jump apart
121	Pivot $\frac{1}{2}$ to right
122	Pivot $\frac{1}{2}$ back
123	Pivot $\frac{1}{2}$ to right
&124	Jump and cross right over left, jump apart
125-126	Step big step forward with right for 2 beats
127-128	Step left to right for 2 beats
129-130	Step back with left for 2 beats
131-132	Step right to left for 2 beats
&133-136	Raise right foot to left knee, step to right with right, slide left to right
&137-140	Raise left foot to right knee, step to left with left, slide right to left
Original choreography of previous 8 beats:	
&	Raise right foot to left knee
133	Step to right with right
134	Slide left to right
135&136	Toes out, in, out
&	Raise left foot to right knee
137	Step to left with left
138	Slide right to left
139&140	Toes out, in, out
141-144	Walk forward right, left, right, left
145&	Jump with feet apart, jump together
146&	Jump feet apart, jump together
147&	Jump feet apart, jump together
148&	Jump feet apart, jump together, turning $\frac{1}{4}$ to left

149&	Kick to side with right, cross right over left (weight on right) (kick, cross)
150&	Step back on left, forward touch with right heel, step on right (hitch, step)
151&	Kick to side with left, cross left over right (weight on left) (kick, cross)
152&	Step back on right, forward touch with left heel, step on left (hitch, step)
153&	Kick to side with right, cross right over left (weight on right) (kick, cross)
154&	Step back on left, forward touch with right heel, step on right (hitch, step)
155&	Kick to side with left, cross left over right (weight on left) (kick, cross)
156&	Step back on right, forward touch with left heel, step on left (hitch, step)
157	Squat down
158	Come back up
159&	Kick out with left, step in place with left
160&	Step behind with right, step to side with left
161&	Kick out with right, step in place with right
162&	Step behind with left, step to side with right
163&	Kick out with left, step in place with left
164	Step behind with right, step to side with left
165&	Step back on right, rock forward on left
166&	Rock back on right, rock forward on left
167&	Kick out with right, step in place with right
168&	Step behind with left, step in place with right
169&	Kick out with left, step in place with left
170&	Step behind with right, step in place with left
171	Cross right over left
172	Pivot ½ to left

REPEAT
