

# Sweat

**COPPER** KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Improver  
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音乐: sweat - Haiden Henderson



Intro : 16 counts

Restart: During wall 6 after the first 16 counts

**[1-8] RF heel, LF heel, RF cross, LF step, RF paddle 2x, hip circle**

- 1 RF heel in front
- &2 Small jump to put weight back on RF and put LF heel in front
- &3 Small step to put weight back on LF and cross RF in front of LF
- 4 LF step to the side
- 5-6 Paddle with RF doing a  $\frac{1}{4}$  turn to your left
- 7-8 Hip circle

**[9-16] RF Walk, LF walk, RF mambo step, LF back , RF back, LF point, LF hook  $\frac{1}{4}$  turn**

- 1-2 RF walk forward, LF walk forward
- 3 & 4 RF mambo step to the front (RF in to front, bring weight back on LF foot, RF foot back)
- 5-6 LF step back, RF step back
- 7 LF point to the left side
- 8 LF hook doing a  $\frac{1}{4}$  turn to the left

Restart: \*\*Restart here after the first 16 counts on the 6th wall (you have to do a small step to bring back weight on LF to start over with RF)\*\*

**[17-24] LF shuffle, RF rocking chair, RF rock step, RF shuffle  $\frac{1}{2}$  turn**

- 1&2 LF shuffle going forward
- 3&4 RF doing a rocking chair (RF rock step to the front, RF rock step to the back)
- 5-6 RF rock step to the front
- 7&8 RF shuffle doing a  $\frac{1}{2}$  turn to your right

**[25-32] LF cross, RF samba step, RF cross, LF samba step , LF  $\frac{1}{4}$  turn, LF cross, RF sweep**

- 1&2 LF step in front of RF, RF samba step (put RF to the right side then bring weight back on LF)
- 3&4 RF step in front of LF, LF samba step (put LF to the right side then bring weight back on RF)
- 5-6 LF step forward, turn  $\frac{1}{4}$  to the right
- & LF cross in front of RF
- 7-8 RF sweep to the right (you can decide to point RF to the right while bringing your upper body down & bringing it back up to make the dance sexier)

Tiktok: @countrysistersatj