

Don't Sweat It



Count: 64 **Wall:** 2 **Level:** Phrased Advanced Funky
Choreographer: Shane McKeever (Ireland), Rebecca Lee (Malaysia), Fred Whitehouse (Ireland) December 2017
Music: "Sweat" – Casely feat. Lil Jon & Machel Montano - Approx 3.40 mins



Count In: 32 counts from start of track. Approx

Sequence: A, B, B, A, B, B, A, B, B, B, B, B(first 8 counts), A, A

A [1-8] Step L with R hitch-R ball (x3) with arms, R side rock, R close, L side – arm movement

1& Step in place L as you hitch R knee (1), step in place on ball of R (&) 12.00

Arms: With 90° bend at elbow raise R arm and point upwards (1), bring R arm in to chest (&)

2 & Step in place L as you hitch R knee (2), step in place on ball of R (&) 12.00

Arms: Take R arm straight out to R side (2), bring R arm in to chest (&)

3 & 4 Step in place L as you hitch R knee (3), step in place on ball of R (&), step in place L as you hitch R (4) 12.00

Arms: Bring both wrists together with R wrist on top (fingers open) then begin close fingers starting with pinky to thumb as you begin to rotate L wrist to the top(3), fingers all closed with L wrist on top (&), chop both arms out to sides (R to right, L to left) (4)

5 6 & 7 Rock R to right side (5), recover weight L (6), step R next to L (&), step L to left side as you open body to 10.30 (7) 10.30

& 8 Take R arm straight out to R side (&), bring R arm in to side of R hip as you make 1/8 turn left (8) 9.00

A [9-16] R hitch, hold, R close, L fwd, arms pull back-fwd-back, body roll back, hold, L close, R side, 2 hip bumps R

& 1 Hitch R knee as you raise both arms up (&), hold as continue raising arms (1) 9.00

& 2 Step R next to L (&), step L forward (2) 9.00

Arms: Bring arms down to chest level (straight out in front of you with palms facing forward) (&2)

& 3 Pull R arm back towards chest (L arm still out both palms still forward) (&), push R arm forward (3) 9.00

& 4 Bring both arms in towards chest (&), take arms down as you begin body roll backwards transferring weight R (4), 9.00

& 6 Hold (continue body roll) (5), step L next to R (&), make ¼ turn right stepping R to right side (6) 12.00

7 & 8 Bump hips right (7), bump hips left (&), bump hips right (8) 12.00

Arm option: keep arms low but send both in direction of hips R-L-R

A[17-24] L close as you raise R leg, R hitch, 2 taps with R fist, out-out R-L, arm ripple

with R knee pop, R diagonal, L close, knees pop, raise up-down.

1 & Step L slightly in towards R as you raise R leg out to right side (1), hitch R knee (&) 12.00

2 & Keep R knee hitched as you tap it twice with fist of R hand (2&), 12.00

3 & Step R to right diagonal (3), step L to left (shoulder width apart) (&) 12.00

Arms: Raise R arm forward (palm down) (3), raise L arm forward (palm down) (&) (arms are same distance apart as feet)

4 & Raise R hand slightly and begin a 'ripple/wave' down to elbow then to shoulder (4), pop R knee in slightly towards L (&) 12.00

5 6 Roll R knee back out and continue a body roll forward making 1/8 turn right stepping forward R (5), step L next to R (6) 1.30

&7 &8 Pop both knees out to side (R to right, L to left) (&), close knees (7), raise up on balls of both feet (&), lower heels (8) 1.30

A[25-32] R back, L touch, L back, R touch, syncopated back touches R-L-R-L

1 2 3 4 Step diagonally back R (1), touch L next to R making 1/8 turn left (2), step diagonally back L (3), touch R next to L (4) 12.00

&5&6 Step diagonally back R (&), touch L next to R (5), step diagonally back L (&), touch R next to L (6) 12.00

&7&8 Step diagonally back R (&), touch L next to R (7), step diagonally back L (&), touch R next to L (8) 12.00

B[1-8] R ball-change, R hitch x2 with 1/8 turn

&1 2 3 Step ball of R in place (&), step forward L (1), hitch R knee forward (2), hitch R knee to right side making 1/8 turn right (3) 1.30

4&5 6 7 Cross R behind L (4), step L next to R (&), step R to right side (5), Point L over R (6), point L to left side (7) 1.30

8 Transfer weight to L as you bend both knees dipping down and make ¼ turn left (8) 10.30

B[9-16] R hitch x2, R back, hold, L side, R heel, R side, L cross, R side with knee pops out-in-out

1 2 3 4 Hitch R knee forward (1), hitch R knee slightly again (2), take big step back R (3), hold (4) 10.30

& 5 & 6 Step L to left side (&), touch R heel to right diagonal (5), step R to right (&), cross L over R (6) 10.30

7 & 8 Step ball of R to right side as you pop knee out (7), pop R knee in (&), pop R knee out (weight R) (8) lower body is still facing 10.30 but head looks to 1.30 10.30

B[17-24] Push off R kicking R, hold, R back, L back, R hitch, 1/8 turn R hitch R, ¼ turn L side, R hitch

12&34 Push off R as you kick R to R side (kick to 1.30) (1), hold (2), cross R slightly over L (&), step L to left side (3), 10.30

5 6 Make 1/8 turn right hitching R knee (4), Make ¼ turn right stepping R to right side (5), hitch L knee (6), 3.00

7 8 Make ¼ turn right stepping L to left side (7), hitch R knee (8) 6.00

B[25-32] R side, L touch, L side, R touch, 1/8 R side, hand clap, swing arms through

and chop L making 3/8 turn L, arm movement with 1/4 turn right.

- &1&2 Step R to right side (&), flick L foot behind R (or touch L next to R) (1), step L to left side (2), flick R foot behind L (or touch R next to L) (&) 6.00
- 3 Step R to right side as you make 1/8 turn right and start to bring R arm up (3), 7.30
- 4 Step L next to R as you bring L arm towards R and chop R hand down to clap hands (R hand on top of L) 7.30

arms in front and both arms are straight (4)

- 5 Keep hands closed - Make 1/8 turn left with upper body (and hands) as you 'lassoo' or make a 'halo shape' anti-clockwise in front of face (5) 6.00
- 6 Make 1/4 turn left stepping forward L as you continue the movement with arms with a 'chop' or 'swiping action' pushing arms straight forward with L hand now on top (6) 3.00
- & Slide R hand out from under left and place it next to R hand as you bend both hands at the wrist 3.00
- 7 Keep L hand in place as you pull R hand back slightly towards chest (7), 3.00
- & Pull R hand back further towards R shoulder as you turn body 1/4 turn right (&), 6.00
- 8 Step L next to R as you bring both arms down to sides (8) 6.00

Sequence: A, B, B, A, B, B, A, B, B, B, B(first 8 counts), A, A

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