

Don't Sweat It

Choreographed by **Shane McKeever (Ireland), Rebecca Lee (Malaysia),
Fred Whitehouse (Ireland) (December 2017)**

Smckeever07@hotmail.com - Rebecca_jazz@yahoo.com - F_whitehouse@hotmail.com

Description: Phrased A/B Advanced level funky Line Dance
Music: "Sweat" – Casely feat. Lil Jon & Machel Montano Approx 3.40 mins
Count In: 32 counts from start of track. Approx 127 bpm
Sequence: A, B, B, A, B, B, A, B, B, B, B, B (first 8 counts), A, A
Video: <https://www.youtube.com/watch?v=Qy5olMxln8I>

Section	Footwork	End Facing
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 (& Arms: With 90° bend at elbow raise R arm and point upwards (1), bring R arm in to chest (&	12.00
2 &	Step in place L as you hitch R knee (2), step in place on ball of R (& Arms: Take R arm straight out to R side (2), bring R arm in to chest (&	12.00
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) 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)	12.00
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) Arms: Bring arms down to chest level (straight out in front of you with palms facing forward) (&2)	9.00
& 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) Arm option: keep arms low but send both in direction of hips R-L-R	12.00
A17-24	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) (& Arms: Raise R arm forward (palm down) (3), raise L arm forward (palm down) (& (arms are same distance apart as feet)	12.00
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
A25-32	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

B17-24	Push off R kicking R, hold, R back, L back, R hitch, 1/8 turn R R hitch R, 1/4 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 1/4 turn right stepping R to right side (5), hitch L knee (6),	3.00
7 8	Make 1/4 turn right stepping L to left side (7), hitch R knee (8)	6.00
B25-32	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) arms in front and both arms are straight (4)	7.30
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, B(first 8 counts), A, A