



Approved by:



Make You Sweat

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 & 2 & 3 & 4 5 & 6 7 & 8	Side, Touch, Side, Kick, Behind, 1/4, Step, Step, Pivot 1/2, Full Turn Step right to right side. Touch left beside right. Step left to left side. Kick right to right diagonal. Cross right behind left. Turn 1/4 left and step left forward. Step right forward. Step left forward. Pivot 1/2 turn right. Step left forward. (3:00) Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Step right forward.	Side Touch Side Kick Behind Turn Step Step Pivot Step Triple Full Turn	Right Left Turning left Turning right Turning left
Section 2 1 & 2 & 3 & 4 5 & 6 & 7 & 8 Restart (Arms) (5 &) (6 &) (7 & 8)	Rocking Chair, Step, Pivot 1/4, Cross, Toe Strut, Cross Strut, Chasse Rock left forward. Recover onto right. Rock left back. Recover onto right. Step left forward. Pivot 1/4 turn right. Cross left over right. (6:00) Step right toe to right side. Drop right heel taking weight. Cross left toe over right. Drop left heel taking weight. Step right to right side. Close left beside right. Step right to right side. Wall 3: Following count 8 step left beside right on & count and start dance again. (Counts 5 - 8: on words 'From the tip of your toes to the top of your head') (Both arms to right side. Snap fingers.) (Both arms to left side. Snap fingers.) (Both hands to right side, above head, palms facing out, "push up" twice.)	Rocking Chair Step Turn Cross Toe Strut Cross Strut Side Close Side	On the spot Turning right Right
Section 3 1 – 2 3 & 4 5 & 6 7 & 8	Sway Out x 2, Coaster Step, Jazz Box 1/4 Turn, Forward Lock Step Step left out and forward, swaying hips. Step out on right, swaying hips. Step left back. Step right beside left. Step left forward. Cross right over left. Turn 1/4 right stepping left back. Step right to right side. Step left forward. Lock right behind left. Step left forward.	Out Out Coaster Step Cross Turn Side Left Lock Left	Forward On the spot Turning right Forward
Section 4 1 & 2 3 & 4 5 & 6 & 7 – 8 (Arms) (5 – 6) (7 – 8)	Forward Mambo, Run Back x 3, Point, Hitch, Point, Flick, Side, Drag Rock forward on right. Rock back on left. Step right back. Run back, stepping - left, right, left. Point right to right side. Hitch right. Point right to right side. Flick right behind left. Step right large step to side, dragging left towards right. Step left beside right. (Counts 5 - 8: on words 'From the tip of your toes to the top of your head') (Right arm to right side, snap fingers. Repeat for count 6.) (Swing right arm around above head, palm of hand facing up.)	Forward Mambo Run Run Run Point Hitch Point Flick Side Drag	On the spot Back On the spot Right
Ending	Dance ends in Section 3 after 4 counts. Replace counts 3 & 4 (coaster step) with: Step left back. Turn 1/2 right stepping right forward. Step left forward. (12:00)		

Choreographed by: Ria Vos (NL) June 2010

Choreographed to: 'Uhh La La La' by Chi Hua Hua from CD Dansk Melodi Grand Prix; also available as download from iTunes (24 count intro - start on vocals)

Restart: There is one Restart, during Wall 3 after Count 16



A video clip of this dance is available at www.linedancermagazine.com