

Sweat

Count: 32

Wall: 4

Level: Beginner

Choreographer: Marlon Ronkes (NL) & Romain Brasme (FR) - November 2025

Music: Sweat - Melanie C



Intro: 32 Counts, Start at approx 15 secs

SEC 1 Walk x3, Hitch, Back, Touch Back, Step, Hitch

- 1-2 Step right forward, step left forward
- 3-4 Step right forward, hitch left
- 5-6 Step left back, touch right back
- 7-8 Step right forward, hitch left

SEC 2 ¼ Jazzbox, Touch, Rolling Vine Touch

- 1-2 Cross left over right, turn ¼ left step right back (9:00)
- 3-4 Step left to left, touch right beside left
- 5-6 Turn ¼ right step right forward, turn ½ right step left back (6:00)
- 7-8 Turn ¼ right step right to right, touch left beside right (9:00)

SEC 3 Hip Bumps, Touch, Hip Bumps, Touch

- 1-2 Step left to left bumping left to left, bump hips right
Arms Reach right hand over head over head, bend right elbow slightly
- 3-4 Bump hips left, touch right beside left
Arms Reach right hand over head over head, bend right elbow slightly
- 5-6 Step right to right bumping right to right, bump hips left
Arms Reach left hand over head over head, bend left elbow slightly
- 7-8 Bump hips right, touch left beside right
Arms Reach left hand over head over head, bend left elbow slightly

Sec 4 Side, Touch, Side, Touch, Side, Touch Behind, Side, Together

- 1-2 Step left to left, touch right over left
 - 3-4 Step right to right, touch left over right
 - 5-6 Step left to left, touch right behind left
 - 7-8 Step right to right, jump feet together weight on left
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