

# MAKE YOU SWEAT

Choreographed by: Ria Vos, NL (June 10)  
 Music: **Uhh La La La** by **Chi Hua Hua** (CD: Dansk Melodi Grand Prix)  
 Descriptions: 32 count - 4 wall - Beginner/Intermediate level line dance

[Intro: 24 counts, start on vocals](#)

## Side, Touch, Side, Kick, Behind, ¼ Turn L, Step Fwd, Step, Pivot ½ Turn R, Step, Full Triple Turn L

1& Step R to Right Side, Touch L Next to R  
 2& Step L to Left Side, Kick R to Right Diagonal  
 3&4 Step R Behind L, ¼ Turn Left Step Fwd on L, Step Fwd on R **(9:00)**  
 5&6 Step Fwd on L, Pivot ½ Turn Right, Step Fwd on L **(3:00)**  
 7&8 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L, Step Fwd on R **(3:00)**

## Rocking Chair, Step Pivot ¼ Turn R, Cross, Toe Struts, Chasse R

1&2& Rock Fwd on L, Recover on R, Rock Back on L, Recover on R  
 3&4 Step Fwd on L, Pivot ¼ Turn Right, Cross L Over R **(6:00)**  
 5&6& Step R Toe to Right Side, Drop R Heel, Cross L Toe Over R, Lower L Heel  
 7&8 Step R to Right Side, Step L Next to R, Step R to Right Side  
**\*\*\*RESTART Point wall 3**  
 Arms Count 5-8: When he sings "From the tip of your toes to the top of your head"  
 5& Both arms to Right Side, Snap fingers  
 6& Both arms to Left Side, Snap Fingers  
 7&8 Both hands to Right side above your head palms facing out, "push up" twice

## Sway Out L, Sway Out R, Coaster Step, Jazz box ¼ Turn R, Lock Step Fwd

1-2 Step Out and Fwd on L with Hip Sway, Step Out on R with Hip Sway  
 3&4 Step Back on L, Step R Next to L, Step Fwd on L  
 5&6 Cross R Over L, ¼ Turn Right Step Back on L, Step R to Right Side **(9:00)**  
 7&8 Step Fwd on L, Lock R Behind L, Step Fwd on L

## Mambo Fwd, Run Back x3, Point, Hitch, Point, Flick, Big Side Step, Together

1&2 Rock Fwd on R, Recover on L, Step Back on R  
 3&4 "Run" Back Stepping L, R, L  
 5&6& Point R to Right Side, Hitch R, Point R to Right Side, Flick R Behind L Leg  
 7-8 Step R Large Step to Right Side Dragging L Towards R, Step L Next to R  
 Arms Count 5-8: When he sings "From the tip of your toes to the top of your head"  
 5-6 R arm to Right Side Snap fingers, Repeat on count 6  
 7-8 Swing R arm around above head palm of hand facing up

**RESTART:** There is one restart on [wall 3](#) after count 16, Add: Step L Next to R on the '&' Count and start again from count 1 (12:00)

**ENDING:** You will end with count 1-4 of section 3, replace the Coaster step with:

3&4 Step Back on L, ½ Turn R Step Fwd on R, Step Fwd on L to end facing front wall

