



**Remember to Vote** for your favourite dances in the Linedancer Charts.

**Sequence:** A, B, B, B, B, A, B, B, B, C, C, C, C, B, B, B, B, B

### Part A

#### SEC 1

#### **SIDE LUNGE, SIDE LUNGE**

- 1-2-3 Lunge R to right over 3 counts  
4& Recover L, step R next to L  
5-6-7 Lunge L to left over 3 counts  
8& Recover R, step L next to R

#### SEC 2

#### **LUNGE FORWARD ON STEP, SLOW PIVOT ½**

- 1-2-3 Lunge forward on R over 3 counts  
4& Recover L, step R next to L  
5-6 Step L forward, hold  
7-8 Make ½ turn right stepping forward on R, hold

#### SEC 3

#### **LUNGE FORWARD ON, SQUAT, CHEST POP**

- 1-2-3 Lunge forward on L over 3 counts  
**Arms** Flexing biceps with fists up  
4& Recover R, step L next to R  
5-6-7 Step R out to right side and slowly squat for 3 counts  
8& Pop chest forward by opening shoulders up, recover chest/shoulders

#### SEC 4

#### **RISE BACK UP, PIVOT ¼, PIVOT ¼**

- 1-2-3-4 Slowly rise up from squat moving weight to L over 4 counts  
5-6 Step R forward, make ¼ turn left taking weight on L (3:00)  
7-8 Step R forward, make ¼ turn left taking weight on L (12:00)

#### SEC 5

#### **SIDE MAMBO, SIDE MAMBO, FORWARD MAMBO, STEP, PIVOT ½**

- 1&2 Rock R to right side, recover L, step R next to L  
3&4 Rock L to left side, recover R, step L next to R  
5&6 Rock R forward, recover L, step R next to L  
7-8 Step forward on L, pivot ½ R (6:00)

#### SEC 6

#### **FORWARD MAMBO, JUMPING JACK OUT, JUMP IN, PIVOT ¼, PIVOT ¼**

- 1&2 Rock L forward, recover L, step R next to L  
3 Jump feet out raising arms over head  
4 Jump feet together weighting L and lower arms  
5-6 Step R forward, make ¼ left taking weight on L (3:00)  
7-8 Step R forward, make ¼ left taking weight on L (12:00)



## I'll Make You Sweat

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### **SEC 7 SIDE MAMBO, SIDE MAMBO, FORWARD MAMBO, STEP, PIVOT ½**

- 1&2 Rock R to right side, recover L, step R next to L
- 3&4 Rock L to left side, recover R, step L next to R
- 5&6 Rock R forward, recover L, step R next to L
- 7-8 Step forward on L, pivot ½ R (6:00)

### **SEC 8 FORWARD MAMBO, JUMPING JACK OUT, JUMP IN, PIVOT ¼, PIVOT ¼**

- 1&2 Rock L forward, recover L, step R next to L
- 3 Jump feet out raising arms over head
- 4 Jump feet together weighting L and lower arms
- 5-6 Step R forward, make ¼ turn left taking weight on L (3:00)
- 7-8 Step R forward, make ¼ turn left taking weight on L (12:00)

## **Part B**

### **SEC 1 CROSS BODY REACH x4**

- 1-2 Touch R to right side while reaching right arm across body and up, step R next to L
- 3-4 Touch L to left side while reaching left arm across body and up, step L next to R
- 5-6 Touch R to right side and reach R hand horizontally across body to left, step R next to L
- 7-8 Touch L to left side and reach L hand horizontally across body to right, step L next to R

### **SEC 2 CROSS BODY REACH x2, STEP ⅛ PIVOT, STEP ⅛ PIVOT**

- 1-2 Touch R to right side and reach towards left toe with right hand, step R next to L
- 3-4 Touch L to left side and reach towards right toe with left hand, step L next to R
- 5-6 Step slightly forward on R, make ⅛ turn left weighting L (10:30)
- 7-8 Step slightly forward on R, make ⅛ turn left weighting L (9:00)

## **Part C**

### **SEC 1 NIGHTCLUB, SIDE, HOLD, BEHIND, SIDE**

- 1-2 Step R to right side, hold
- 3-4 Rock L behind R, recover R
- 5-6 Step L to left side, hold
- 7-8 Step R behind L, step L out to L side

### **SEC 2 CROSS, HOLD, BALL-¼ CROSS, HOLD, BALL-¼ CROSS, SIDE ROCK CROSS**

- 1-2 Cross R over L, hold
- &3-4 Step to left side on ball of L, make ¼ turn right crossing R over L, hold (6:00)
- &5 Step to left side on ball of L, make ¼ turn right crossing R over L (9:00)
- 6-7-8 Rock L to left side, recover on R, cross L over R



Remember to Vote for your favourite dances at [www.linedancerweb.com](http://www.linedancerweb.com)

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