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| Suda (aka Sweat) |  |

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| **Count:** | 80 | **Wall:** | 1 | **Level:** | Intermediate / Advanced |  |
| **Choreographer:** | Sobrielo Philip Gene (SG) - November 2021 |
| **Music:** | Suda - Melanie Pfirrman, Pitbull & IAmChino |
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**Intro: 16 counts @0.09sec**

**NOTE: START DANCE FACING 6 O'CLOCK**

**Wall 1 2 3 4 5**

**Dance Sequence 80 / 80 / 64 restart / 32 counts and / repeat counts 17-32**

Start @ 6:00 6:00 6:00 6:00-finish @ 12:00 12:00-finish @ 12:00

**[1-8] STOMP ROCK BACK RECOVER, ¼ STOMP ROCK RECOVER,**

|  |  |
| --- | --- |
| 1-2& | Stomp RF to right (1), Rock LF behind RF (2), recover onto RF (&) |
| 3-4& | ¼ left stomp LF forward (3), Rock RF behind LF (4), recover onto LF (&) (3:00) |
| 5-6& | Stomp RF to right (5), Rock LF behind RF (6), recover onto RF (&) |
| 3-4& | ¼ left stomp LF forward (7), Rock RF behind LF (8), recover onto LF (&) (12:00) |

**[9-16] STOMP RECOVER STEP, STOMP RECOVER STEP, TOUCH SWITCHES, TOUCH TWIST**

|  |  |
| --- | --- |
| 1-2& | Stomp RF forward (1), recover weight onto LF (2), step RF beside LF (&) |
| 3-4& | Stomp LF forward (3), recover weight onto RF (4), step LF beside RF (&) |
| 5&6& | Touch RF forward (5), step RF beside LF (&) Touch LF forward (6), step LF beside RF (&) |
| 7&8 | Touch RF forward (7), twist right heel to right (&), twist heel back to center (8) (12:00) |

**[17-24] VOLTA ¾ RIGHT, ¼ DIAMOND**

**WALL**

 **5**

|  |  |
| --- | --- |
| 1&2& | Turn 1/8 right step RF forward (1), lock LF behind RF (&), Turn ¼ right step RF forward (2), lock LF behind RF (&) |
| 3&4 | ¼ right step RF forward (3), lock LF behind RF (&), 1/8 right step RF forward (4) (9:00) |
| 5&6 | Cross LF over RF (5), step RF to right (&), step LF 1/8 left back sweeping RF from front to back (6) |
| 7&8 | Step RF behind LF (7), turn 1/8 left step LF to left (&), step RF forward (8) (6:00) |

**[25-32] VOLTA ¾ LEFT ¼ DIAMOND**

|  |  |
| --- | --- |
| 1&2& | Turn 1/8 left step LF forward (1), lock RF behind LF (&), Turn ¼ left step LF forward (2), lock RF behind LF (&) |
| 3&4 | ¼ left step LF forward (3), lock RF behind LF (&), 1/8 left step LF forward (4) (3:00) |
| 5&6 | Cross RF over LF (5), step LF to left (&), step RF 1/8 right back sweeping LF from front to back (6) |
| 7&8 | Step LF behind RF (7), turn 1/8 right step RF to right (&), step LF forward (8) (12:00) |

**[33-40] FORWARD ROCK, SIDE ROCK, BEHIND SIDE FORWARD, FORWARD ROCK, SIDE ROCK, SAILOR ¼**

|  |  |
| --- | --- |
| 1&2& | Rock RF over LF (1), recover onto LF (&) Rock RF to right (2), recover onto LF (&) |
| 3&4 | Step RF behind LF (3), step LF slightly to left (&), step RF slightly forward (4) |
| 5&6& | Rock LF over RF (5), recover onto RF (&) Rock LF to left (6), recover onto RF (&) |
| 7&8 | Step LF behind RF (7), Step RF ¼ left slightly to right (&), Step LF forward (8) (9:00) |

**[41-48] LOCK STEP FORWARD, ½ LOCK BACK, COASTER STEP, RUN FORWARD**

|  |  |
| --- | --- |
| 1&2 | Step RF forward (1), Lock LF behind RF (&) step RF forward (2) |
| 3&4 | ½ turn right step LF back (3), lock RF over LF (&), step LF back (4) |
| 5&6 | Step RF back (5), step LF beside RF (&) step RF forward (6) |
| 7&8 | Run forward LRL (7&8) (3:00) |

**[49-56] OUT OUT, BALL CROSS, BALL HEEL, BALL CROSS, ¼ ½ COASTER STEP**

|  |  |
| --- | --- |
| &1&2 | Step RF forward to right (&), step LF forward to left (1), step RF back to Centre (&), cross LF over RF (&) |
| &3&4 | Step RF to right (&) bring LF heel forward to left (3), step LF beside RF (&), cross RF over LF (4) |
| 5-6 | ¼ left step LF forward (6), ½ turn left step RF back (6) |
| 7&8 | Step LF back (5), step RF beside LF (&) step LF forward (8) (6:00) |

**[57-64] CAT WALKS, SIDE ROCK CROSS, SIDE ROCK CROSS**

|  |  |
| --- | --- |
| 1-4 | Walk RF forward (1) cross LF over RF (2), cross RF over LF (3), cross LF over RF (4) |
| 5&6 | Rock RF to right (5), recover onto LF (&), step RF beside LF (6) |
| 7&8 | Rock LF to left (7), recover onto RF (&), step LF beside RF (8) (6:00) |

**WALL 3: RESTART**

**[65- 72] SHUFFLE ¼ BACK, SHUFFLE ¼ FORWARD, SHUFFLE ¼ BACK, SHUFFLE ¼ FORWARD SWEEP**

|  |  |
| --- | --- |
| 1&2 | Step RF to right (1), step LF beside RF (&), ¼ left step RF back (2) (3:00) |
| 3&4 | Step LF to left (3), step RF beside LF (&), ¼ left step LF forward (4) (12:00) |
| 5&6 | Step RF to right (5), step LF beside RF (&), ¼ left step RF back (6) (9:00) |
| 7&8 | Step LF to left (7), step RF beside LF (&), ¼ left step LF forward while sweeping RF back to front (8) (6:00) |

**[73-80] CROSS BACK BACK, CROSS BACK BACK, PIVOT ½ PIVOT ½**

|  |  |
| --- | --- |
| 1-2& | Cross RF over LF (1), step LF back (2), step RF back (&), |
| 3-4& | Cross LF over RF (3), step RF back (4), step LF beside RF (&) |
| 5-6 | Step RF forward (5), turn ½ left (6) (12:00) |
| 7-8 | Step RF forward (7), turn ½ left (8) (6:00) |
|   |

**Enjoy**

**Last Update - 7 Dec. 2021**