

Make You Sweat

32 count, 4 wall, Beginner/Intermediate level
Choreographer: Kash Bane (UK) Aug 06
Choreographed to: Rock This Party by Bob Sinclair;
Make You Sweat by C+C Music Factory

Start on heavy beat for both

Cross Rock, Cha Cha, Cross Rock, Cha Cha

- 1-2 Rock right foot across left, recover onto left foot
- 3&4 Step right, left, right, in place
- 5-6 Rock left foot across right foot, recover onto right foot
- 7&8 Step left, right, left in place

Rocking Chair, Shuffles

- 1-2 Rock forward on right foot, recover onto left foot
- 3-4 Rock back onto right foot, recover onto left foot
- Alternatively you can substitute counts 3-4 by stepping right behind left and fully unwinding
- 5&6 Step right foot forward, close left foot at right, step right foot forward
- 7&8 Step left foot forward, close right at left, step left foot forward

Modified Chasse And Stomp Combos

- 1-2 Step right to right side, hold
- &3-4 Step left next to right, step right to right side, stomp left foot next to right
- 5-6 Step right to right side, hold
- &7-8 Step left next to right, step right to right side, stomp left foot next to right

Side Rock, 3/4 Unwind, Jazz Jumps With Claps

- 1-2 Rock right to right side, recover onto left foot
- 3-4 Step right behind left, unwind to make a 3/4 turn right
- &5-6 Jump forward onto right foot and step left next to right, clap hands
- &7-8 Jump back onto right foot and step left next to right, clap hands

I would say the Bob Sinclair track is best as it's faster.

Music download available from iTunes
