

Rhythm Connection

32 Count, 4 Wall, Improver

Choreographer: Aiden Fryer (UK) July 2015
Choreographed to: Make Me Sweat by 4 To The Bar

Start: 32 Counts

SIDE, BACK ROCK, RECOVER, CHASSE RIGHT, CROSS, FULL TURN, CHASSE LEFT

- 1-3 Step left to side, cross/rock right behind left, recover to left
4&5 Step right to side, step left together, step right to side
6-7 Cross left over right, unwind a full turn right (weight to right)
8&1 Step left to side, step right together, step left to side

BACK ROCK , RECOVER, RIGHT SHUFFLE FORWARD, ROCK FORWARD RECOVER CHASSE ¼ LEFT

- 2-3 Rock back on right, recover on left
4&5 Right shuffle forward stepping right forward, left to right, right foot forward
6-7 Rock forward on left, recover on right
8& Chasse ¼ left, stepping left to left side, right next to left

SWAY LEFT, RIGHT LEFT SAILOR STEP, SWAY RIGHT, SWAY LEFT, RIGHT SAILOR STEP

- 1-2 Step on left foot sway hips to left, stepping on right foot sway hips to right
3&4 Left sailor, stepping left behind right, step right to right side, left to left side
5-6 Step on right foot sway hips to right, stepping on left foot sway hips to left
7&8 Right sailor, stepping right behind left, step left to left side, right to right side

ROCK FORWARD, RECOVER, ¼ CHASSE LEFT, CROSS, BACK SIDE ROCK TOGETHER SIDE

- 1-2 Rock forward on left, recover on right
3&4 Chasse ¼ left stepping left to left side, right next to left, left to left side
5-6-7 Cross right over left, step back on left, rock right to right side,
8& Recover on left, step right next to left.