

# She Sweats

**Count:** 32    **Wall:** 2    **Level:** Beginner

**Choreographer:** Joan Leite (Jan 09)

**Music:** Discover Channel [The Bad Touch] by De Bloodhound Gang (CD: 123bpm)

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## **(1-8)3x Walks Fwd, Touch, 3x Walks Back, Touch**

- 1 Right foot step fwd
- 2 Left foot step fwd
- 3 Right foot step fwd
- 4 Touch left foot close right foot
- 5 Step left back
- 6 Step right back
- 7 Step left back
- 8 touch right foot close left foot

## **(9-16)Step Side, Hold, ½ Turn Step Side, Hold, 4x Hip BUMPS**

- 1 Right foot step to right side
- 2 hold
- 3 ½ turn to left, left foot step to left side.
- 4 hold
- 5 Hip Bump to right
- 6 Hip Bump to left
- 7 Hip Bump to right
- 8 Hip Bump to left

## **(17-24)Cross Mambo Right, Cross Mambo Left, Out, Out, In, In, 3X Jumps**

- 1 Right foot cross over Left foot
- & Left foot step back
- 2 Right foot next left foot
- 3 Left foot cross over right foot
- & Right foot step back
- 4 Left foot next right foot
- & Right foot step right side
- 5 Left foot step left side.
- & Right foot step to center
- 6 Left foot next to right foot
- 7 jump back both feet together
- & jump back both feet together
- 8 jump back both feet together, weight on left foot.

## **(25-32)2x Sailors, 2x Toe Strut**

- 1 Right foot behind left foot
- & Left foot to left side.
- 2 Right foot step to right side
- 3 Left foot behind right foot

- & Right foot to right side
- 4 Left foot step to left side
- 5 Right foot touch forward
- 6 Right foot step forward
- 7 Left foot touch forward
- 8 Left foot step forward

**Start again.**