Suda (aka Sweat)

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

Intro: 16 counts @0.09sec
NOTE: START DANCE FACING 6 O'CLOCK
Dance Sequence 80, 80, 64 restart, 32 repeat counts 17-32

[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

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)

[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
