

Sweet July

Count: 56

Wall: 2

Level: Advanced Phrased

Choreographer: Stephen & Lesley McKenna (SCO) - August 2026

Music: Sweet July - Take That



Intro:- 8 Counts

SEQUENCE:- A, A, B, B, C, C, TAG, A, B, B, C, C with extra paddle for ending.

PART A - 16 counts

Sec 1 Walk R-L, out R-L, ball, cross, ball, together 1/8L, R press/dip, L pony back

- 1-2 Walk forward R, walk forward L
- &3&4 Step R to R side, step L to L side, step R to centre, cross L over R
- &5-6 Make 1/8L stepping R to R side, step L next to R, step forward R as you dip down/press forward (palms facing forward, hands up slightly with bent elbows, getting ready to push)
- 7&8 Step back L as you hitch R knee (extend elbows to push both hands forward), step R next to L (bring hands towards body), step back L as you hitch R knee (extend elbows to push both arms forward) (11:30)

Sec 2 R coaster step, step L, scuff R, hitch R, bump forward x3, step L 3/8 L

- 1&2 Step back R, step L next to R, step forward R
- 3&4 Step forward L, scuff R heel forward, hitch R knee
- 5-6-7 Bump forward R, recover x3
- 8 Make 3/8 L stepping L (6:00)

PART B - 16 counts

Sec 1 Walk R-L, step R, pivot 1/2 L, 1/2 L walk back R-L-R, point L

- 1-2 Walk forward R, walk forward L
- 3-4 Step forward R, make 1/2 L stepping L
- 5-6 Make 1/2 L walking back R-L
- 7-8 Step back R, point L toe to L side

Sec 2 L sailor step, R sailor 1/4 R, L kick, ball, R touch back, 1/4 R, hitch R

- 1&2 Step L behind R, step R to R side, step L to L side
- 3&4 Make 1/4 R stepping R behind L, step L to L side, step R to R side
- 5&6 Low kick L forward, step L next to R, touch R toe back
- 7-8 Make 1/4 R keeping weight on L, hitch R knee

PART C - 24 counts

Sec 1 1/8 R extended lock steps, half diamond 1/4 L

- 1&2 Make 1/8 R stepping forward R, lock L behind R, step forward R
- &3&4 Lock L behind R, step forward R, lock L behind R, step forward R (1:30)
- 5&6 Cross L over R, step R to R side, make 1/8 L stepping slightly back L
- 7&8 Step R behind L, make 1/8 L stepping L to L side, steps slightly forward R (11:30)

Sec 2 L kick, ball, point, ball, switch, 1/4 L, hitch L, L coaster step, ball, step L, 1/8 L hitch R

- 1&2 Low kick L forward, step L next to R, point R to R side
- &3&4 Step R next to L, point L to L side, make 1/8 L weight on R, Hitch L knee (7:30)
- 5&6 Step back L, step R next to L, step forward L
- &7-8 Step R next to L, step forward L, make 1/8 L hitching R knee (6:00)

Sec 3 Cross, side, R samba step, cross, point, paddle point 1/4 x2

- 1-2 Cross R over L, step L to L side

3&4 Cross R over L, step L to L side, step R to R side
5-6 Cross L over R, point R toe to R side
7-8 Make 1/4 L pointing R toe to R side, make 1/4 L pointing R toe to R side

TAG;- dance 4 count tag (R rocking chair) facing 12:00. See sequence above.

1-2-3-4 Rock forward R, recover L, rock back R, recover L

ENDING;- for 12:00 finish at the end of part C, add in extra paddle point 1/2 L.

Have Fun and add your own Funky vibe!

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