No Sweat

Count: 32 **Wall:** 4 **Level:** Easy Intermediate
Choreographer: Dustin Valcalda (USA) & Sierra Gil (USA) - September 2026
Music: Itz Eazy - The Nah

Intro: 32 Counts – Weight starts left foot
1 Restart!

[1-8] Walk, Walk, Out, Out, Step, ¼ R Pivot, Cross Shuffle

1-2	Step RF forward, Step LF forward (12:00)
&3-4	Step RF diagonally forward R, Step LF out to L, Step RF forward (12:00)
5-6	Step LF in front of RF, Pivot ¼ R with weight ending on RF (3:00)
7&8	Cross LF over RF w/ ⅛ turn R, Step RF to R side, Cross LF over RF (4:30)

Styling Note: Do a little thrust during the ¼ R Pivot ;-)

[9-16] Hip Roll, Hip Roll, ½ L Pivot, Step, Kick, Ball

1-2	Step RF to R Side while rolling hips around to R while squaring up to 3:00 wall (3:00)
3-4	Roll Hips around to L shifting weight to LF (3:00)
5-6	Step RF in front of LF, Pivot ½ L with weight ending on LF (9:00)
7-8&	Step RF forward, Kick LF forward (8), Step LF next to RF (&) (9:00)

Restart Note: Restart happens here after 16 counts of Wall 3 (the next step where you Step RF forward becomes Count 1 after the restart).

[17-24] Step, Rock Step, Back Step w/ ¼ Turn L, Cross w/ Drop, Back Step w/ ¼ Turn R, Reverse Paddle ¼ R x2

1-2	Step RF forward, Rock LF forward (9:00)
3-4	Recover weight on RF, Step LF back with ¼ Turn L (6:00)
5-6	Cross RF over LF while dropping low on both knees, Step LF back with ¼ Turn R (9:00)
7-8	Touch/Push RF back w/ ¼ turn R while keeping LF in place, Touch/Push RF back w/ ¼ turn R while keeping LF in place (3:00)

[25-32] Kick, Ball, Step, Hold, Ball, Step, Heel Bounces w/ ¼ Turn L x2, Hop Forward on L

1&2	Kick RF forward, Step RF next to LF, Step LF forward (3:00)
3&4	Hold, Ball RF next to LF, Step LF forward (3:00)
5-6	Step RF in front of LF, Bounce heels while turning ¼ L (12:00)
7-8	Bounce heels while turning ¼ L with weight ending on RF, Hop forward onto LF while punching arm straight out (9:00)

End of Dance Note: Replace ½ turn during Heel Bounces with a ¼ turn to 12:00 and throw right fist up to end dance.

Have fun and make it look easy! Contact NLDA@nvlinedance.com with any questions.

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