

## ***Keep Sweating***

Choreographed by:Queendy Lee (Canada) & Emily Woo  
(Raindrops) May 10

Music:**Keep Sweating** by **Ray J (Feat Fat Joe)**

Descriptions:32 count - 4 wall -

Intermediate/Advanced level line dance

Intro: Start after 32 counts, approx 18 sec.

**AAA Tag (3 o'clock) AAA Tag (3 o'clock) AAAA Tag  
(12 o'clock) x2 Ending**

### **Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn**

1-4 Step R to R, Hold, L cross R, Hold

5,6 Step R to R with sway, Step L to L with Sway

7&8 Full turn to R (R, L, R) with small steps

### **1/2 R, Hold, R Ronde, Sit, Shoulder Roll, Jump**

1-2 ½ R and step L to side, Hold

3-4 Draw a circle with R in the front CW, R ronde to the  
back of L

5 Sit on the R with bend knees, L touch in the front

6 Roll L shoulder

7&8 Roll shoulder R, L, jump and straighten both legs  
with hands stretch up (R hand hold L hand, palm facing  
up)

### **L Hitch, 1/4 L, Rock, Recover, 1/4 R, Rock, Recover, 1/4 L, Sway R, Sway L**

1,2 L hitch up (both hands down, look like hitting your  
knee with palms) Turn ¼ L and Step L forward

3&4 Rock R over L, recover, Slide ¼ R and Step

5&6 Rock L over R, recover, Slide ¼ L and Step

7 Sway R (look to R, R hand on L shoulder, L hand on R  
waist)

8 Sway L (look to L, R hand slide to R shoulder, L hand  
slide to L waist)

### **Step, Full Turn R Step, Hold, 1/2 L Step, Point x3, Sit, Rody Roll Up**

1,2 Step R to R, Full turn R with ball of R, Step L  
together

3-4 Hold , ½ L with ball of L , step R together

5&6 L point forward, Step together, R point forward,  
Step together

7&8 L point forward, Step together with bend knees, Body  
roll up

**TAG: (3 o'clock) 16 counts**

**Weight shift, heel up**

1-2 R heel up, Hold ( Body lean forward, both hands at the side)  
3,4 Shift weight to R with L heel up, Shift weight to L with R heel up  
5-6 Shift weight to R with L heel up, Hold  
7,8 Shift weight to L with R heel up, Shift weight to R with L heel up

**Hand Movement**

1,2 ¼ L and step L back, Raise up R hand (hold fist , elbow bend)  
3,4 L hand on top of R (fingers open), Turn L elbow down (now R elbow point R)  
5,6 Turn both hands over head from back to front, Stop at the R side of face  
7,8 Slide both hands from R of face to L of face

**TAG: (12 o'clock) 16 counts x2**

**Do the same as Tag at 3:00 0'clock, but don't turn, keep doing face front wall**

**ENDING:**

**Side, Hold, Cross, Hold, Sway R, Sway L, Full Turn**

1-2 Step R to R , Hold  
3-4 Cross L over R, Hold  
5,6 Step R to R with sway, Step L to L with Sway  
7,8 Full turn R, L step together

Keep doing this, like you are dancing out of the stage until music ends.