



SWEAT AND DUST

Music : « Be That For You » by High Valley (Album : Way Back)

Choreographers : Neus Lloveras, Séverine Fillion, Adriano

Castagnoli, Stefano Civa & Jgor Pasin

Description : Country Line Dance, 64 counts, 2 walls, 1 Tag, 1 Restart

Level : Intermediate

Choreography written specially for the Sweat and Dust Festival in Rome on 2-3-4 & 5 June 2022

Intro : 16 counts

Dance the TAG after 16 counts intro and start the dance with lyrics

1-8 SIDE, STOMP-UP, SIDE, STOMP-UP, COASTER STEP, SCUFF

1-4 Right to right, Stomp-up left next to right, Left to left, Stomp-up right next to left

5-8 Right step back, left next to right, right step fwd, Scuff left

9-16 VINE TO LEFT, SIDE POINT, ROLLING VINE TO RIGHT, SCUFF

1-4 Left to left, right cross behind left, left to left, Touch right to to the right

5-8 1/4 T right & right fwd, 1/2 T right & left back, 1/4 T right & right to right, Scuff left

17-24 TOE STRUT FWD, 1/4 TURN & TOE STRUT FWD, VINE TO LEFT, HOOK BACK

1-4 Toe Strut left fwd, 1/4 turn right & Toe Strut right fwd

3:00

5-8 Left to left, right cross behind left, left to left, Hook right back

25-32 SIDE, HOOK BACK, 1/4 TURN & BACK, HOOK, TRIPLE STEP FWD, SCUFF

1-2 Right to right, Hook left back

3-4 1/4 turn right stepping left back, Hook right back

6:00

5-8 Triple step right – left – right fwd , Scuff left

33-40 CROSS, SIDE, HEEL, HOOK BACK, STEP DIAGONALLY FWD, STOMP-UP, BACK, STOMP

1-4 Left cross over right, right to right, left heel fwd, Hook left back

5-6 Left step diagonally left fwd, Stomp-up right next to left

7-8 Right step diagonally right back, Stomp left next to right

41-48 SWIVEL LEFT FOOT TO LEFT, STOMP R, SWIVEL RIGHT FOOT TO RIGHT, SCUFF

1-4 Swivel travelling to left : left toe, left heel, left toe, Stomp right next to left

5-8 Swivel travelling to right : right toe, right heel, right toe, Scuff left

49-56 MAMBO STEP FWD, HOLD, SAILOR STEP 1/4 TURN, SCUFF

1-4 Rock step left fwd, recover on right, left step back, Hold

5-8 Right cross behind left, 1/4 turn right & left to left, right fwd, Scuff left

9:00

57-64 STEP FWD, TOUCH BEHIND, BACK, KICK, SAILOR STEP 1/4 TURN, STOMP-UP

1-4 Left step fwd, Touch right toe just behind left, right step back, left kick fwd

5-8 Left cross behind right, 1/4 turn left & right to right, left fwd, Stomp-up right

12:00

TAG : In Intro after 16 musical counts and after the wall 2 at 12:00

1-8 SIDE, STOMP-UP, 1/4 TURN & ROCK FWD, 1/4 TURN & STEP FWD, HOLD, STEP 1/2 TURN & HOOK

1-2 Right to right, Stomp-up left next to right

3-4 1/4 turn left & Rock step left fwd, recover on right

9:00

5-6 1/4 turn left & left step fwd, Hold

6:00

7-8 Right step fwd, 1/2 turn left & Hook left back

12:00

9-16 STEP FWD, HOLD, TRIPLE STEP FWD, HOLD, STOMP, STOMP-UP

1-2 Left step fwd, Hold

3-6 Triple step right – left – right fwd, Hold

7-8 Left Stomp in place, Stomp-up right next to left

RESTART : After the wall 4 at 12:00, dance the 16 firsts counts of the dance, then the music stops.
STOMP left and HOLD 7 counts, then Start again at the beginning with lyrics.

FINAL : Kick right fwd, Cross right over left, Unwind full turn to left !

**SEQUENCE : INTRO – TAG – 64 – 64 – TAG – 64 – 64 – 16 – STOMP HOLD 7 – 64 – 64
FINAL**

HAVE FUN & ENJOY !!

