

Sexy Back

Count: 32

Wand: 4

Ebene: Intermediate hip hop

Choreograf/in: Joanne Wong (MY)

Musik: SexyBack - Justin Timberlake



WALKS, KNEE SPLIT, TOGETHER, HIP PUSH, STRAIGHTEN UP

1-4 Walk forward right, left, right, step left beside right (with lots of attitude)

Arms: on count 4, rest your right arm over your head and your left arm across your body or any pose you like

5-6 Split both knees apart, bending both legs slightly, close left knee beside right knee to make a ¼ turn right, with head still looking at 12:00

Arms: cross right hand over left hand with hands on your thighs, then spilt your knees apart with right hand on right thigh and left hand on left thigh, leave hands on thighs

7-8 Push hips out, straightening both legs with body bending forward, stand up straight, with weight on right

STEP, SQUAT, THRILLER TURN ¼ TURN RIGHT, SHOULDER POPS, & SIDE

1-2 Step left to left side, making a ¼ turn right, squat slightly with feet apart

Arms: put both arms up to both sides, as if you're standing between 2 cupboards and touching the top of the cupboard, slide both arms down as if you're touching the sides of the cupboard from top to shoulder level, tilting your head back

3-4 Step left to left side with a ¼ turn right, rolling left shoulder back, step left to left side with a ¼ turn right, rolling left shoulder back (thriller turn)

5-6 Pop left shoulder to left side, pop right shoulder to right side

7&8 Pop left shoulder to left side, step right beside left, step left to left side

BEHIND, SIDE, HITCH, STEP ¼ TURN RIGHT, SIDE, HITCH, SIDE, HIP BUMPS

1&2 Step right behind left, step left to left side, hitch right knee up

3-4 Step right to right side, making a ¼ turn right, step left to left side

Arms: cross both arms on top of head, body angled to right diagonal

5-6 Hitch right knee diagonally left, step right to right side

Arms: straighten both arms to left diagonal, bend and crunching body diagonally left, straighten body, dropping arms to sides

7-8 Bump hips to right, slightly bending legs and feet apart, bump hips to right, with both legs straightened and apart

WALKS WITH HIPS, STEP, TOUCH, BODY ROLL WITH ½ TURN LEFT, TOUCH

1-4 Walk forward right, left, right, left with hips and feet apart

Arms: put left arm in front and right arm behind, body facing right, put right arm in front and left arm behind, body facing left, put both palms by the side of head, as if you're using your hands to tilt your head back, body facing right, put right arm across body in front and left arm across body behind, body facing left

This 4 counts is a freestyle counts. You can pump your chest, shake up your body or do anything you like

5-6 Step right beside left, touch left behind right

7-8 Do a body roll with a ½ turn left, touch right beside left

REPEAT

RESTART

On wall 9, dance the first 16 counts and restart the dance from beginning