

# Sexercise

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Jan Brookfield (UK) - February 2011

Musik: Sexy Eyes - Dr. Hook



## **Hip Sway, Chasse Right, Hip Sway, Chasse Left**

- 1-2 Step R To Side, Sway Hips Right And Left, Weight Ends On Left
- 3&4 Shuffle Sideways To Right On R,l,r
- 5-6 Step L To Side, Sway Hips Left And Right, Weight Ends On Right
- 7&8 Shuffle Sideways To Left On L,r,l

## **Rock Step, Toe Struts Forward, Pivot Half Turn Left**

- 9-10 Rock Back Onto R, Step Forward Onto L
- 11-14 Step Forward On R Toes Then Heel, Step Forward On L Toes Then Heel
- 15-16 Step Forward On R, Pivot Half Turn To Left, Weight Ends On L

## **Half Turn Shuffle Left, Rock Back, Three Quarter Shuffle Right, Rock Back**

- 17&18 Making Half Turn To Left, Shuffle On R,l,r
- 19-20 Rock Back Onto L, Step Forward Onto R
- 21&22 Making A Three Quarter Turn To Right, Shuffle On L,r,l
- 23-24 Rock Back Onto R, Step Forward Onto L

## **Toe Points To Side, Cross Steps With Optional Clicks**

- 25-26 Point R Toes To Right Side, Step R Across In Front Of L
  - 27-28 Point L Toes To Left Side, Step L Across In Front Of R
- (option : Open Arms On Point Steps, Cross Arms And Click Fingers On Cross Steps)

## **Mambos Forward & Back**

- 29&30 Step R Forward, Rock Back Onto L, Step R Next To L
- 31&32 Rock Back On L, Step Forward Onto R, Step L Next To R

**Start Again & Have Fun!**

---