

Spicy

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Jennifer Pasley-Smith (USA)

Musique: Spice Up Your Life - Spice Girls

RIGHT FORWARD SHUFFLE, SIDE BALL-CHANGE-JAZZ SQUARE, PIVOT TURN/FLIP KICK

- 1&2 Step left foot forward, slide right foot forward beside left, "popping" left knee
- 3& Step left foot to left, step right foot in place
- 4 Cross and step left foot over right
- 5 Step back on right
- 6 Step back on left (shoulder width from right)
- 7 Step right forward
- 8 Pivot ½-turn to left ending with right heel lifting behind (flip kick)

CROSS, TOUCH LEFT, CROSS-FRONT SAILOR, CROSS, TOUCH LEFT, CROSS ¼ TURN LEFT, BACK BALL-CHANGE

- 9 Cross and step right foot over left
- 10 Touch left foot to left
- 11 Cross and step left foot over right
- &12 Step right to right side, step left in place
- 13-14 Repeat steps 9 and 10
- 15 Cross step left over right, turning ¼ turn to left
- &16 Step right foot back, step left foot in place

RIGHT FORWARD SHUFFLE, ½ RIGHT SPIN, STEP-BALL-CHANGE, 2 JAZZ CHUGS FORWARD, POP TOGETHER, POP OUT

- 17&18 Shuffle forward right, left, right
- & Spin ½-turn to right on right foot
- 19&20 Step left foot in place, step back on right foot, step left foot in place
- 21 Step right foot forward, touch in left foot beside right
- 22 Step left foot forward, touching right foot beside it
- 23 With feet together, bend knees slightly with hands on thighs (fingers pointing in)
- 24 Jump feet apart, hands resting on thighs

HIP ROCK LEFT, RIGHT, LEFT SHUFFLE, HIP ROCK RIGHT, LEFT, STEP, STOMP

- 25 Shift weight to left foot, pushing hip to left
- 26 Shift weight to right foot, pushing hip to right
- 27&28 Shuffle to left (left, right, left)
- 29 Shift weight to right foot, pushing hip to right
- 30 Shift weight to left foot, pushing hip to left
- 31 Step right foot to right
- 32 Stomp left beside right (lift right foot behind for styling)

REPEAT
