

Sexy And I Know It

拍数: 128 墙数: 1 级数: Phrased Intermediate
编舞者: Nathan Gardiner (SCO) - December 2016
音乐: Sexy and I Know It - LMFAO



Intro: 32 counts - Sequence: A, B, C, D, A, B, C, D, TAG, D, B, D

Part A – 32 counts

A1: Side R, Touch, Chasse L, Behind Side Cross, Side Rock, Recover

1-2 Step R to R side, Touch L next to R
3&4 Step L to L side, Step R next to L, Step L to L side
5&6 Step R behind L, Step L to L side, Cross R over L
7-8 Rock out to L side, Recover on R

A2: Behind, Kick Ball Cross, Side Rock, Recover Behind, Side Mambo Touch

1 Step L behind R
2&3 Kick R to R diagonal, Step R next to L, Cross L over R
4-5 Rock out to R side, Recover on L
6 Step R behind L
7&8 Rock out to L side, Recover on R, Touch L next to R

A3: L Lock, L Lock Step, Jazz Box

1-2 Step forward on L, Lock R behind L
3&4 Step forward on L, Lock R behind L, Step forward on L
5-6 Cross R over L, Step back on L
7-8 Step R to R side, Step forward on L

A4: Rock Forward, Recover, Shuffle ½ R, Walk R & L, Shuffle (Turning ½ R)

1-2 Rock forward on R, Recover on L
3&4 ¼ R stepping R to R side, Step L next to R, ¼ R stepping forward on R
5-6 1/8 R stepping forward on L, 1/8 R stepping forward on R
7&8 1/8 R stepping forward on L, Step R next to L, 1/8 R stepping forward on L

Part B – 32 counts

B1: Side R, Hold, Behind Side Cross, Side R, Hold, Rock Back, Recover

1-2 Step R to R side, Hold
3&4 Step L behind R, Step R to R side, Cross L over R
5-6 Step R to R side, Hold
7-8 Rock back on L, Recover on R

B2: Side L, Hold, Behind Side Cross, Side L, Hold, Rock Back, Recover

1-2 Step L to L side, Hold
3&4 Step R behind L, Step L to L side, Cross R over L
5-6 Step L to L side, Hold
7-8 Rock back on R, Recover on L

B3: Step Forward, Hold, Run L, R, L, Step forward, Hold, Rock Forward, Recover

1-2 Step forward on R, Hold
3&4 Run forward stepping L, R, L (Small Steps)
5-6 Step forward on R, Hold
7-8 Rock forward on L, Recover on R

B4: Step Back, Hold, Run R, L, R, Step Back, Hold, Rock Back, Recover

- 1-2 Step back on L, Hold
- 3&4 Run back stepping R, L, R (Small Steps)
- 5-6 Step back on L, Hold
- 7-8 Rock back on R, Recover on L

Part C – 32 counts

C1: Walk Forward R, L, R, Kick, ¼ L, ½ L, ¼ L, Scuff

- 1-2 Step forward on R, Step forward on L
- 3-4 Step forward on R, Kick L across R
- 5-6 ¼ L stepping forward on L, ½ L stepping back on R
- 7-8 ¼ L stepping L to L side, Scuff R across L

C2: Jazz Box ¼ R Cross, Step R, Touch Across, Step R, Touch Behind

- 1-2 Cross R over L, ¼ R stepping back on L
- 3-4 Step R to R side, Cross L over R
- 5-6 Step R to R side, Touch L across R
- 7-8 Step L to L side, Touch R behind L

C3: Weave R, Weave ¼ L

- 1-2 Step R to R side, Step L behind R
- 3-4 Step R to R side, Touch L next to R
- 5-6 Step L to L side, Step R behind L
- 7-8 ¼ L stepping forward on L, Step forward on R

C4: Pivot ½ L, Step Forward, Full Turn R, ½ R, In, In, Body Roll

- 1-2 Pivot ½ L, Step forward on R
- 3-4 ½ R stepping back on L, ½ R stepping forward on R
- &5&6 ½ R stepping L to L side, Step R to R side, Step L in, Step R next to L
- 7-8 Body roll bottom to top for 2 counts

Part D – 32 counts

D1: C Hip Bumps R & L

- 1&2 Touch R slightly forward bumping R hip up, Bump R hip back to centre, Bump R hip down
- &3&4 Bump R hip to centre, Bump R hip up, Bump R hip back to centre, Bump R hip down (Taking weight on R)
- 5&6 Touch L slightly forward bumping L hip up, Bump L hip to centre, Bump L hip down
- &7&8 Bump L hip to centre, Bump L hip up, Bump L hip to centre, Bump L hip down (Taking weight on L)

D2: Rock Forward, Recover, Shuffle ½ R & L

- 1-2 Rock forward on R, Recover on L
- 3&4 ¼ R stepping R to R side, Step L next to R, ¼ R stepping forward on R
- 5-6 Rock forward on L, Recover on R
- 7&8 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L

D3: Dip, Touch, Dip, Touch, Sway Hips R, L, R, L

- 1-2 Step R to R side dipping down, Touch L to L diagonal
- 3-4 Step L to L side dipping down, Touch R to R diagonal
- 5-6 Step R to R side swaying hips to R side, Sway hips to L side
- 7-8 Sway hips to R side, Sway hips to L side

D4: Sailor Step R & L, Out Out, Hip Roll

- 1&2 Step R behind L, Step L to L side, Step R to R side
- 3&4 Step L behind R, Step R to R side, Step L to L side
- 5-6 Step R to R side, Step L to L side

7-8 Roll hips anticlockwise for 2 counts

Tag: 32 counts (See Sequence)

TS1: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, Small Jump

1&2&3 Shake/shimmy body for 3 counts
&4 Small jump forward stepping R to R side, Step L to L side
5&6&7 Shake/shimmy body for 3 counts
&8 Small jump forward stepping R to R side, Step L to L side

TS2: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, 2X Small Jump

1&2&3 Shake/shimmy body for 3 counts
&4 Small jump forward stepping R to R side, Step L to L side
5&6 Shimmy shoulders for 2 counts
&7 Small jump forward stepping R to R side, Step L to L side
&8 Small jump forward stepping R to R side, Step L to L side

TS3: Sway R, L, R, L, Behind Side Cross, Side Rock, Recover

1-2 Step R to R side swaying hips to R side, Sway hips to L side
3-4 Sway hips to R side, Sway hips to L side
5&6 Step R behind L, Step L to L side, Cross R over L
7-8 Rock out to L side, Recover on R

TS4: Sway L, R, L, R, Behind Side Cross, Side Rock, Recover

1-2 Step L to L side swaying hips to L side, Sway hips to R side
3-4 Sway hips to L side, Sway hips to R side
5&6 Step L behind R, Step R to R side, Cross L over R
7-8 Rock out to R side, Recover on L

Optional Ending: After you dance part D for last time place hands on hips and bump R hip forward

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