Sexy and Smooth



编舞者: Henry Costa (USA) - December 2016

音乐: Move - Luke Bryan



KICK STEP, KICK, STEP, KICK, STEP KICK, OUT, OUT, 1/4 CCW HIP TURN

1&2& Kick forward Right, slightly forward Right, Kick forward Left, slightly step forward Left

3&4 Kick forward Right, slightly forward Right, Kick forward Left

&5 Slightly step out Left, step out Right

6,7,8 Sway right hip to right, sway back counter clock wise to left, ¼ turn left placing weight on left

KICK, KICK, TRIPLE STEP ½ TURN RIGHT, KICK, KICK, TRIPLE STEP ½ TURN LEFT

1-2 Kick right, Kick Right

3&4 ½ Turn right; Side Right, Left Next to Right, step forward Right

5-6 Kick Left, Kick Left

7&8 ½ turn Left: Side left, right next to left, step forward Left

CROSS, BACK, SIDE, CROSS, SIDE, RECOVER, CROSS, SIDE, CROSS

1-2 Cross right in front of Left, back Left,3-4 Side Right, cross Left in front of Right

5-6 Side Right, Recover Left

7&8 Cross Right in front of Left, side Left, Cross Right in front of Left

1/4 LEFT, RECOVER BACK ON LEFT, LEFT COASTER STEP, (R KICK-BALL-CHANGE)x2

1-2 ½ turn left, recover weight on Right

3&4 step back Left, Right next to Left, forward Left

Right kick forward, Right step, ball change left (weight on Left)
Right kick forward, Right step, ball change left (weight on Left)

BEGIN AGAIN