

No Bad Side (aka Sexy Again)

拍数: 32 墙数: 4 级数: Low Intermediate - Funky
编舞者: Glenn Ball (USA) - December 2023
音乐: No Bad Side - Connor Price & Nic D



Intro is 32 counts (approx. 13 secs), when he says "Damn, I woke up sexy again"

starting on "again" as count 1.

[1 – 8] Front, Touch, Back, Touch, Side, Touch, 1/4 Left, Brush

1,2 1) Step forward R; 2) Touch together L
3,4 3) Step back L; 4) Touch together R
5,6 5) Step side R; 6) Touch together L
7,8 7) Turn ¼ left stepping forward L [9:00]; 8) Brush/Scuff R forward

[9 – 16] Side Jump Together, Knees Left (snap), Knees Right (snap), Repeat

1,2 1) Jump side right landing with feet together; 2) Hold
3,4 3) Bend both knees angled to left while you cross your hands down in front; 4) Move both bent knees to right angle while bringing your hands out to sides and snap
5,6 5) Jump side right landing with feet together; 6) Hold
3,4& 7) Bend both knees angled to left while you cross your hands down in front; 8) Move both bent knees to right angle while bringing your hands out to sides and snap; &) Shift weight to L

[17-24] 1/4 Right Jazz Box, 1/4 Right Jazz Box

1,2 1) Step R across L; 2) Turn 1/8 right stepping back L [10:30]
3,4 3) Turn 1/8 right stepping side R [12:00]; 4) Step forward L
5,6 5) Step R across L; 6) Turn 1/4 right stepping back L [6:00]
7,8 7) Turn 1/8 right stepping side R [3:00]; 8) Step forward L

[25-32] Chassé Right, Rock, Recover, Left Kick, Kick, Right Kick Back, Flip 1/2 with Hitch

1&2 1) Small step side R; 2) Step together L; 2) Small step side R
3,4 3) Rock back L; 4) Recover weight forward on R
5,6 5) Low kick L forward; 6) Low kick L forward
7,8 7) Hop onto L foot while extending R foot back; 8) Turn 1/2 right hitching R knee up [9:00]

Begin again with this as your "new" 12:00 starting reference wall. Keep it fun and sexy, add your own style and have a "ball"!!

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