

Spicy

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Alisa Hart (USA) - August 2024
音乐: Spicy - Julia Cole



No tags, no restarts

*Starts with the lyrics 32 counts into the music

Hip bumps R L, Walk R L, anchor step with a ¼ turn, hip sway, side kick

1234 5678 Step back L(12) bump R hip(34), Step back L(56) bump L hip(78)
1 2 3 4 Walk R L
5&6 7&8 sailor step ¼ turn R (5&6), step R to R side with a hip sway R(7), lean R while kicking L foot to L side(8)

Behind & cross, step kick ¼ turn, L coaster step, hop forward

1&2 3 4 step L behind R(1) step R out to R side(&) cross L over R(2), Step R to R side(3) kick L foot forward with a ¼ turn L(4)
5&6 7 8 coaster step L, hop forward(78)

Roll hips, Sailor L, Sailor R, step hitch ½ turn, L coaster step

1 2 3&4 5&6 roll hips(12), sailor L, sailor R
5 6 7&8 Step forward R(5) ½ turn L over L shoulder while hitching L knee(6), L coaster step

Walk R L ¼ turn, Hop back ¼ turn, hop back, toe touch ½ turn, hold 2

1 2 3 4 Walk R(1) walk L with a ¼ turn R(9:00), hop back ¼ turn R(3) hop back(4)
5 6 7 8 Touch R toe behind(5) ½ turn over R shoulder(&) shift weight R(6), hold for 7 8

360° turn, knee pop, hold

1 2 3 4 360° turn
5 6 7 8 knee pop(hitting the pop on 6), hold(8)

Last Update: 4 Sep 2024