

# Sexy 4Ever

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Kris Lonquist (USA) - November 2024  
音乐: SEXY 4EVER (feat. Nile Rodgers) - INJI



Begin after 16 counts, on the first word - "My"

## [1-8] Coaster Cross, Rock Recover Cross, Rock Recover Step, Step Left and Right, Heels in and out

&1-2      Step back R, Step back L, Cross R over L (moving forward)  
&3-4      Rock L, Recover, Cross L over R  
&5-6      Rock R, Recover, Step Forward R  
&7&8      Step Forward L, Step Together R, Heels out, heels in

## [9-16] Step Back, Touch Front, Step Pivot Turn, Back, Rock Recover, Step and Hitch

1-2      Step R back, Touch L in front of R angling your L hip to the front  
3-4      Square to the front and step forward on L pivoting 180 to 6:00, Step Back on Right  
5-6      Back rock L, Recover R  
7-8      Step and lean and little forward on L to prep to push, Hitch Left

## [17-24] Wizard Left, Wizard Right, Walk, Walk, Triple Step

1-2&      Step L, Step R behind L, Step L  
3-4&      Step R, Step L behind R, Step R  
5-6      Forward Step Left, forward step Right  
7&8      Step L forward, Step R next to L, Step L forward

## [25-32] Rock Recover, Triple turn, Paddle paddle paddle, Press and Push

1-2      Rock R forward, push off R as you recover on L to start turning over R shoulder,  
3&4      Step Right, Left, Right as you continue turning over R Shoulder (turning past 12:00)  
5,6,7      Paddle L Foot 3 times to make a full spin back to 12:00  
8&      Step L forward leaning forward and bending knee to prep, push back

## [33-40] Sweep Left, Rock Recover, Hip bump, Hip Bump, Press and Push

1-2      Sweep Left to the back  
3-4      Rock back on L, Recover forward on R  
5&6      Touch L toe forward bumping L hip left, bring hip to center, step on L  
7&8      Touch R toe forward bumping R hip right, bring hip to center, step on R leaning forward with bent knee  
&      Push back on R

## [41-48] Sweep Right, Rock Recover, Hip bump, Hip Bump

1-2      Sweep Right to the back  
3-4      Rock back on R, Recover forward on L  
5&6      Touch R toe forward bumping R hip right, bring hip to center, step on R  
7&8      Touch L toe forward bumping L hip left, bring hip to center, step on L

## [49-56] Step Right, Drag, cross and Hold, Step Left, Drag, step forward and hold

1-2      Step out on Right, Drag L to R  
3-4      Cross R in front of L, Hold  
5-6      Step out on L, Drag R to L  
7-8      Step L forward and Hold

## [57-64] Step Turn, Step Turn, Step, ¼ turning heel bump, ¼ turning heel bump, Step L back

1-2      Step R forward, Pivot ½ turn

3-4 Step R forward, Pivot ½ turn  
5 Step R in front of L  
&6 Lift both heels up turning ¼ turn over left shoulder, drop heels  
&7 Lift both heels up turning ¼ turn over left shoulder, drop heels  
8 Step back on L

#### **Restarts**

**1st restart is on wall 2 after 48 counts (facing back wall)**

**2nd restart is on wall 4 after 48 counts (facing front wall)**

#### **The Pattern is:**

**Wall 1: 64 Counts**

**Wall 2: 48 Counts - Restart on 48&**

**Wall 3: 64 Counts**

**Wall 4: 48 Counts - Restart on 48&**

**Wall 5: 64 Counts**

**Wall 6: 32 Counts, but however many paddles you want to spin as long as you want**

#### **Fun Stuff to add:**

**Wall 1: Say "Uh huh!" with heels on &8**

**Wall 5: Say "Hot Damn!" on the heels on counts &8.**

**Wall 5: Say "Bbrrrrr!" on the knee hitch on count 16.**

**Last Update: 3 Dec 2024**

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