

Sexy Back

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Improver west coast swing
编舞者: Raymond Crum Jr. (USA)
音乐: SexyBack - Justin Timberlake



RIGHT KICKBALL CHANGE, ROLL BACK SIT, PULSATE UP AND DOWN 2 TIMES

1&2 Kick right forward, step on right, step left back on ball of left foot
3-4 Step left heel down taking weight, sit down with weight on left
5-8 Pulse down, up, down, up (or 2 hip rolls)

WALK, WALK, RIGHT SAILOR, LEFT SAILOR ¼ TURN RIGHT, CHASE ½ TURN LEFT

1-2 Walk forward right (left arm up), walk left forward (right arm up)
3&4 Step right behind left, step left to left side, step right to right side
5&6 Step left behind right, step right into ¼ turn right, step left forward
7&8 Step right forward, step left into ½ turn left, step right forward

KICK STEP SIDE ROCK, KICK STEP SIDE ROCK, KICK STEP SLIDE RIGHT HOLD STEP CROSS OVER

1&2& Kick left forward, step left down, rock right to right side, recover on left
3&4& Kick right forward, step down on right, rock left to left side, recover on right
5&6-7&8 Kick left forward, step down on left, long slide right, hold, step left next to right, cross step right over left

SLIDING BOX, JUMP FORWARD, JUMP BACK, ¼ TURN LEFT, JUMP FORWARD, JUMP BACK

1-4 Slide left into ¼ turn right, slide right into ¼ turn left, slide left into ¼ turn right, step right to right side (facing 9:00)
&5&6 Step right forward, step left forward, step right foot back, step left next to right
&7&8 Step right forward into ¼ turn left, step left forward, step back right, step left next to right (facing 6:00)

REPEAT
