

Sexy Back

拍数: 32 墙数: 4 级数: Advanced
编舞者: Alice Lim (SG)
音乐: SexyBack - Justin Timberlake



- 1 With legs together snake left hand from left side to right
Position left hand with palm facing down in front of left chest. Imagine the finger tips to be the head of a snake and move hand from left to right in a wavy manner as if snake has to glide over a small molehill to go to the other side
- 2 Snake right hand from right side to left
- 3 Step right to side (legs apart) and press both palms together in front of chin
- &4 Snake both hands (palms still pressed together) up in wavy manner forming the shape of a reverse 'S' ending above the head
- 5 Swivel ¼ turn right (weight on right) and at the same time extend left arm forward (palm facing down) as right hand move from left side of head to back of head (3:00)
- 6 Hold leg position as you place right hand on top of left hand
- 7 Step left together dropping both arms
- 8 Bend knees pushing hips back & twisting upper body and head to face (12:00)
Place left hand on left hip & right hand on right thigh
- 1-2-3 Walk around right-left-right to make ¾ turn right and end facing 12:00
- 4-5 Step left together, step right forward
- & Hitch left knee as you roll right fist over left fist above knees a full circle to the right (arms are in front of chest & elbows are pointing out to the sides)
- 6-7 Step left forward dropping arms, spin full turn right on left ball lifting right knee
- 8 Step right down beside left
- 1 Pop right shoulder up as you twist body to turn right by moving both toes 1/8 turn to the right
- 2 Repeat above to make another 1/8 turn to the right (3:00)
- 3-4 Step right forward, pivot ½ turn left
- 5 Step right ball forward as you pull left fist towards left side of waist jutting left elbow back
- 6 Step right together as you push left fist forward extending left arm & straightening left elbow
- 7 Step left forward
- 8 Touch right ball to side as you make ¼ turn left and at same time punch crossed fists forward (6:00)
- 1&2 Kick right forward, step right together, step left forward
- 3 Step right to side making ¼ turn left bumping hips to right side & at same time slap hands on hips (3:00)
- &4 Roll hips 1 circle to the left, bump hips to right
- 5 Small step left to side bending left knee and lean body to left side as you raise right arm up to horizontal position (keep elbow straight and turn arm so that elbow & curled fingers face ceiling)
- 6 Stamp right next to left as you straighten body and bring right fist to vertical position (curled fingers face inward and elbow points towards the floor)
- 7 Step right forward making ¼ turn right & at same time extend right arm with elbow straight and palm facing down to start arm swing
- & Swing right arm 1 full circle to the right as you spin ¾ right on right ball - right arm creates momentum for spin
- 8 Step left down beside right as you drop right arm (3:00)

REPEAT

RESTART

On wall 9 (12:00) do counts 1-16 and restart dance facing 12:00
