

# Spicy

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Jennifer Pasley-Smith (USA)  
音乐: Spice Up Your Life - Spice Girls



## RIGHT FORWARD SHUFFLE, SIDE BALL-CHANGE-JAZZ SQUARE, PIVOT TURN/FLIP KICK

1&2      Step left foot forward, slide right foot forward beside left, "popping" left knee  
3&      Step left foot to left, step right foot in place  
4      Cross and step left foot over right  
5      Step back on right  
6      Step back on left (shoulder width from right)  
7      Step right forward  
8      Pivot ½-turn to left ending with right heel lifting behind (flip kick)

## CROSS, TOUCH LEFT, CROSS-FRONT SAILOR, CROSS, TOUCH LEFT, CROSS ¼ TURN LEFT, BACK BALL-CHANGE

9      Cross and step right foot over left  
10      Touch left foot to left  
11      Cross and step left foot over right  
&12      Step right to right side, step left in place  
13-14      Repeat steps 9 and 10  
15      Cross step left over right, turning ¼ turn to left  
&16      Step right foot back, step left foot in place

## RIGHT FORWARD SHUFFLE, ½ RIGHT SPIN, STEP-BALL-CHANGE, 2 JAZZ CHUGS FORWARD, POP TOGETHER, POP OUT

17&18      Shuffle forward right, left, right  
&      Spin ½-turn to right on right foot  
19&20      Step left foot in place, step back on right foot, step left foot in place  
21      Step right foot forward, touch in left foot beside right  
22      Step left foot forward, touching right foot beside it  
23      With feet together, bend knees slightly with hands on thighs (fingers pointing in)  
24      Jump feet apart, hands resting on thighs

## HIP ROCK LEFT, RIGHT, LEFT SHUFFLE, HIP ROCK RIGHT, LEFT, STEP, STOMP

25      Shift weight to left foot, pushing hip to left  
26      Shift weight to right foot, pushing hip to right  
27&28      Shuffle to left (left, right, left)  
29      Shift weight to right foot, pushing hip to right  
30      Shift weight to left foot, pushing hip to left  
31      Step right foot to right  
32      Stomp left beside right (lift right foot behind for styling)

**REPEAT**

---