

Sweet 'N Sexy Shuffle

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Intermediate
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音乐: SexyBack - Justin Timberlake : (CD: FutureSex/LoveSounds)



Also:

The Sweet Escape by Gwen Stefani; Bringin' Da Noise by NSync (111 bpm), CD: No Strings Attached

SHUFFLE FORWARD, SIDE SHUFFLE (LEFT), BACK ROCK-RECOVER, KICK-BALL CHANGE

- 1&2 Shuffle forward stepping (right-left-right)
- 3&4 Shuffle to the left stepping (left-right-left)
- 5 Rock right behind left, while slightly lifting left off floor
- 6 Recover to left
- 7 Kick right slightly forward
- &8 Land on right, lifting left slightly off the floor, lower left back to floor

MAKE ¼ TURN (RIGHT), TOUCH, SIDE STEP, TOUCH, KICK-BALL STEP, STEP FORWARD, ½ PIVOT TURN (LEFT)

- 9 Turning ¼ turn right, step right to side
- 10 Touch left toe next to right
- 11 Step left to side
- 12 Touch right toe next to left
- 13 Kick right slightly forward
- &14 Land on right, while slightly lifting left off the floor, step left forward
- 15 Step right forward
- 16 Turn ½ turn left (weight to left)

SIDE ROCK-RECOVER, CROSS, ¼ TURNING (RIGHT) HEEL JACK, REPLACEMENT STEPS FORWARD

- 17 Rock right out to side, slightly lifting left off the floor
- 18 Lower left back to the floor
- 19 Cross right over left
- &20 Turning ¼ turn right step left backward, while touching right heel forward
- &21 Step right together, while stepping left forward
- 22 Hold
- &23 Step right together, while stepping left forward
- 24 Hold

MAKE ½ PIVOT TURN (LEFT), SYNCOPATED HOPS, HIP ROLLS

- 25 Step right forward
- 26 Turn ½ left (weight to left)
- &27 Hop right forward, step left together
- 28 Hold
- &29 Hop right back, step right together
- 30 Hold
- 31-32 Roll hips around to the left (ending with weight on left)

Begin again