

# Sexercise

拍数: 32      墙数: 4      级数: Improver  
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音乐: Sexy Eyes - Dr. Hook



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## Hip Sway, Chasse Right, Hip Sway, Chasse Left

1-2            Step R To Side, Sway Hips Right And Left, Weight Ends On Left  
3&4            Shuffle Sideways To Right On R,l,r  
5-6            Step L To Side, Sway Hips Left And Right, Weight Ends On Right  
7&8            Shuffle Sideways To Left On L,r,l

## Rock Step, Toe Struts Forward, Pivot Half Turn Left

9-10            Rock Back Onto R, Step Forward Onto L  
11-14           Step Forward On R Toes Then Heel, Step Forward On L Toes Then Heel  
15-16           Step Forward On R, Pivot Half Turn To Left, Weight Ends On L

## Half Turn Shuffle Left, Rock Back, Three Quarter Shuffle Right, Rock Back

17&18           Making Half Turn To Left, Shuffle On R,l,r  
19-20           Rock Back Onto L, Step Forward Onto R  
21&22           Making A Three Quarter Turn To Right, Shuffle On L,r,l  
23-24           Rock Back Onto R, Step Forward Onto L

## Toe Points To Side, Cross Steps With Optional Clicks

25-26           Point R Toes To Right Side, Step R Across In Front Of L  
27-28           Point L Toes To Left Side, Step L Across In Front Of R  
(option : Open Arms On Point Steps, Cross Arms And Click Fingers On Cross Steps)

## Mambos Forward & Back

29&30           Step R Forward, Rock Back Onto L, Step R Next To L  
31&32           Rock Back On L, Step Forward Onto R, Step L Next To R

**Start Again & Have Fun!**

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