

Sexy Silk

拍数: 96 墙数: 1 级数: Advanced
编舞者: Jannie Tofte Stoian (DK) - April 2011
音乐: Sexy Silk - Jessie J : (From Easy A Soundtrack)



Intro: 32 counts (app. 15 sec. Into track)

Note: This dance is ALL about the music, more specifically the way the song is sung. So really listen and the music will pretty much tell you what to do.?

[1-8] Walk R, L, Side rock cross, Hold, Coaster step, Kick R

1-2 Walk fw R, walk fw L 12:00
&3-4 Rock R to R side, recover onto L, cross R over L 12:00
5 Hold 12:00
6&7 Step L back, step R next to L, step L fw 12:00
8 Kick R fw – but make it a high kick 12:00

[9-16] Cross full unwind L, Run ½ L, ¼ L scissor step, Step L

1 Cross R over L 12:00
2-3 Unwind full turn L, ending with weight on R 12:00
4&5 Run L, R, L in a half circle over L 06:00
6&7 ¼ turn L stepping R to R side, step L next to R, cross R over L 03:00
8 Step L slightly diagonal fw 01:30

[17-24] Cross hitch x2, Rock step fw, Ball back, Point back

1-2 Cross R over L, hitch L up turning ¼ R 04:30
3-4 Cross L over R, hitch R up turning ¼ L (Give it a real jazzy, sexy feeling on both cross hitches) 01:30
5-6 Square up to face 3 o'clock and rock R fw, recover onto L 03:00
&7-8 Step R next to L, step L back, point R back 03:00

[25-32] Body roll, Coaster step sweep 1/8 L, Diagonal shuffle R

1-2 Roll body from head to bottom, ending with weight back on your R foot 03:00
3&4 Step L back, step R next to L, step L fw and begin sweeping R around from back to front 03:00
5-6 Continue the sweep, turning 1/8 L, R is crossed diagonal in front of L, weight still on L 01:30
7&8 Step R fw, step L next to R, step R fw 01:30

[33-40] Hitch 1/8 R, Weave, Side, Twist ¼ L sit, Hip Bumps, Ball rock step

&1-2 Make a small L hitch turning 1/8 R, cross L over R, step R to R side 03:00
3-4 Cross L behind R, step R to R side 03:00
5-7 Turn ¼ R twisting both heels & sit on R hip (5), bump L hip fw & up, bump R hip back & down 12:00
&8& Step L next to R (&), rock R fw (8), recover onto L (&) 12:00

[41-48] Side rock, Behind side cross, Step slide, Body roll

1-2 Rock R to R side, recover onto L 12:00
3&4 Cross R behind L, step L to L side, cross R over L 12:00
5-6 Step L a big step to L side, slide R towards L keeping weight on L 12:00
7-8 Roll body from R top to L hip keeping weight on L (slightly sideways body roll) 12:00

[49-56] Ball cross side, Hold, Knee pops, Ball point, Hold, Point flick, Step heel heel ¼ L

&1&2 Step R next to L (&), cross L over R (1), place R to R side (&), hold (2) 12:00
&3 Pop R knee in (&), pop R knee out (3) (keep pressure on ba

- 4&5 Step L next to R (4), point R to R side (&), hold (5) 12:00
- &6 Point R fw (&), flick R back (6) 12:00
- 7&8 Step R fw (7), swivel L heel ¼ L (&), swivel R heel ¼ L (8)

Note: this section is really about hitting what she sings. Don't worry about the counts just HIT the BEATS 09:00

[57-64] Hip roll, Ball point, Hitch, Cross unwind ¾ L, Sweep

- 1-3 Roll hips counter clockwise over 3 counts, ending with weight on R 09:00
- &4 Step L next R, point R to R side, 09:00
- 5-6 Hitch R up, cross R over L 09:00
- 7-8 Unwind ¾ L, ending with weight on R (7), sweep L from front to back (8) 12:00

[65-72] Travelling sailor step x2, Recover, Back, ¼ L slide

- 1-2& Cross L behind R, step R slightly diagonal fw, step L slightly diagonal fw 12:00
- 3-4& Cross R behind L, step L slightly diagonal fw, step R slightly diagonal fw 12:00
- 5&6 Recover onto L, step R back, turn ¼ L stepping L a big step to L side 09:00
- 7-8 Slide R towards L keeping weight on L

Note: counts 1-6 hit every word in the song. So you make a step for every word – "Woah Woah Woah Woah Woah boy you're gonna win" 09:00

[73-80] Ball cross, Side rock cross rock, Recover sweep ½ R, Coaster step, Step, Ball step

- &1 Step R next to L, cross L over R 09:00
- 2&3 Rock R to R side, recover onto L, cross rock R over L 09:00
- 4 Recover onto L sweeping R around ½ R (weight stays on L) 03:00
- 5&6 Step R back, step L next to R, step R fw 03:00
- 7&8 Take a big step fw L, step R next to L, step L fw

For styling option: add a body roll to the first big step, starting at your hip, ending at your head 03:00

[81-88] Cross swings, ¼ ronde R, Step sweep ½ R, Step together, Body roll

- 1-2 Keeping R leg bent at knee swing R in front of L (knee pointing L), swing R to R side (knee pointing R) 03:00
- 3-4 Swing R in front of L (knee pointing L), stretch R leg out making a ronde ¼ turn R 04:00
- 5-6 Step down on R sweeping L around ½ R for 2 counts 12:00
- &7-8 Step L fw, step R next to L, roll body from hips and up to head 12:00

[89-96] HUGE hip roll, Ball cross, side together, Booty pop

- 1-5 Step L to L side rolling hip counter clockwise, ending with weight on R 12:00
- &6 Step L next to R, cross R over L 12:00
- &7 Step L to L side, step R next to L 12:00
- 8 Stick your booty out (make it coy) 12:00

Good luck & enjoy!

Contact: jannietofte@gmail.com
