

Sexy I Know It

拍数: 64 墙数: 4 级数: Easy Intermediate
编舞者: Regina Cheung (CAN) - November 2011
音乐: Sexy and I Know It - LMFAO



Intro: 32 counts

Walk Walk, Out Out, In In, Kick Ball Change

1 2 Step right forward, Step left forward
3 4 Step right out, Step left out (should width)
5 6 Step right in, Step left next to right
7&8 Kick right forward, step ball of right next to left, step left in place (12:00)

Jazz Box 1/4 Turn Right, Bump & Bump, Bump & Bump

1 2 Cross right over left, Step left back
3 4 Step right back for 1/4 turn right, Left cross over Right
5&6 Touch Right Forward And Bump Forward, Back, Forward (Weight Ends On Right)
7&8 Touch Left Forward And Bump Forward, Back Forward (Weight Ends On Left) (3:00)

Paddle 1/4 Turn Left X 2, Cross Samba, Cross Samba

1 2 Step right forward making 1/4 turn to Left
3 4 Step right forward making 1/4 turn to Left
5&6 Cross step right over left. Rock out to left side on ball of left. Recover on right (Travelling Forward)
7&8 Cross step left over right, Rock out to right side on ball of right, Recover on left (Travelling forward) (9:00)

Kick & Touch, 1/4 Turn Left Kick & Touch, Touch Front, Side, Toe Behind Unwind 1/2 Right

1&2 Kick right forward, Stepping right next to left, Touch left toe to left side
3&4 1/4 Turn L kicking left forward, Step left next to right, Touch right toe to right side
5 6 Touch right forward, Touch right to right side
7&8 Touch right back, Unwind 1/2 turn right, take weight onto right (12:00)

Pivot 1/4 Turn Right, Cross Shuffle, 1/2 Turn Right With Cross Shuffle, Side, Drag

1 2 Step left forward, Pivot 1/4 turn right
3&4 Cross left over right, Step right to right side, Cross left over right
5&6 Make a 1/2 turn right cross right over left, Step left to left side, Cross right over left
7 8 Big left to left side, Drag right towards left (weight keeps on left) (9:00)

Paddle 1/4 Turn Left X 2, Rock Out X 2

1 2 Step right forward making 1/4 turn to Left
3 4 Step right forward making 1/4 turn to Left
5 6 Rock right out to right side, step right next to left
(bend right arm out like working exercise)
7 8 Rock left out to left side, step left next to right
(bend left arm out like working exercise) (3:00)

Jazz Box, Bump & Bump, Bump & Bump,

1,2 Cross right over left, Step left back
3,4 Step right next to left Left cross over Right
5&6 Touch Right Forward And Bump Forward, Back, Forward (Weight Ends On Right)
7&8 Touch Left Forward And Bump Forward, Back Forward (Weight Ends On Left) (3:00)

(same as section 6) Paddle 1/4 Turn Left X 2, Rock Out X 2

- 1 2 Step right forward making 1/4 turn to Left
3 4 Step right forward making 1/4 turn to Left
5 6 Rock right out to right side, step right next to left
(bend right arm out like working exercise)
7 8 Rock left out to left side, step left next to right
(bend left arm out like working exercise) (9:00)

Start Again

Easy Tag, all steps are mirror

TAG (32 counts) : End of Wall 4 (facing 12:00) -

Sec 1: Small wiggle steps to side X 2

- 1 - 4 Small Steps to right with wiggles (both arms up)
5 - 8 Small Steps to left with wiggles (both arms up)

Sec 2: Side together side touch X 2

- 1 - 4 Swivel Step Right to Right Side (body diagonal facing right), Step Left together (body facing front), Swivel Step Right to right Side, Touch Left next to right

(turn both hands open fingers to right side OR roll fists to right)

- 5 - 8 Swivel step left to left side (body diagonal facing right), Step right together (body facing front), Swivel step left to left side, Touch right next to left

(turn both hands open fingers to left side OR roll fists to left)

Sec 3: Step Bounce Bounce Bounce X 2

- 1 - 4 Step right to right side on sit position facing left diagonal, Bounce left 3 times
5 - 8 Step left to left side on sit position facing right diagonal, Bounce right 3 times

Sec 4: Forward 1/2 turn left X 2, Jazz Box

- 1 - 4 Step right forward, pivot 1/2 turn left X 2 (total full turn)
5 - 8 Cross right over left, Step left back, Step right next to left, Step left forward (12:00)

Ta Da happy sexy dancing

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