

Sexy Turn Around

拍数: 64 墙数: 2 级数: Intermediate (32c Improver)
编舞者: Adrian Churm (UK) - September 2012
音乐: Danza Kuduro (Throw your hands up) (UK Dancar Kuduro Extended Mix) (feat. Pitbull) - Lucenzo & Qwote



16 count intro

This Dance can also be a 4 wall 32 count improver by dancing upto and including section 4 then restart

Sec 1: Side together, chasse to left, cross rock, ¼ turn chasse right.

1 – 2 Step left foot to the side, close right foot to left.
3&4 Chasse to left L,R,L
5 – 6 Rock right foot forward & across left, recover back onto right.
7&8 Chasse to right side making a ¼ turn right R,L,R (ending right foot forwards).

Sec 2: Pivot ½ turn right, lock step forward, full turn left (or walk), lock step forward.

1 – 2 Step left foot forward, make a ½ turn to the right weight ends on right foot
3&4 Step left foot forward, lock right behind left, left foot forward (or shuffle forward).
5 – 6 Make a ½ turn left, right foot ends back, ½ turn left, left foot ends forward (or walk forward R,L).
7&8 Step right foot forward, lock left behind right, right foot forward. (or shuffle forward)

Sec 3: Rock step, coaster step, heel grind ¼ turn right, coaster step.

1 – 2 Rock left foot forward, recover back onto right.
3&4 Step left foot back, close right foot to left, step left foot forward.
5 – 6 Touch right heel forward, grind right heel as you make a ¼ turn right stepping back onto left foot.
7&8 Step right foot back, close left foot to right, step right foot forward.

Sec 4: Rock step, ¾ turn shuffle left, weave with syncopation to left.

1 – 2 Rock left foot forward, recover back onto right preparing to turn left.
3 &4 Make a ½ turn left , left foot forward, close right towards left, ¼ turn left, left foot to the side.
5 – 6 Step right foot across left, step left foot to the side.
7&8 Step right foot behind left, step left foot to the side, step right foot across left.

Sec 5: Diagonal rock, back, side, across x 2.

1 – 2 1/8 turn to left diagonal rock left foot forward, recover back onto right.
3&4 Step left foot back, 1/8 turn back to the right step right foot to the side, step left foot across right.
5 – 6 1/8 turn to right diagonal rock right foot forward, recover back onto left.
7&8 Step right foot back, 1/8 turn back to the left, step left foot to the side, step right foot across left.

Sec 6: Side rock, ¼ turn coaster step, pivot ½ turn left, lock step forward.

1 – 2 Rock left foot out to the left side, recover onto right.
3&4 Make a ¼ turn left, step left foot back, close right foot to left, step left foot forward.
5 – 6 Step right foot forward, make a ½ turn left weight ends on left foot
7&8 Step right foot forward, lock left behind right, right foot forward. (or shuffle forward)

Sec 7: Full turn right (or walk), lock step forward. rock step, Lock step back.

1 – 2 Make a ½ turn right, left foot ends back, ½ turn right, right foot ends forward.
3 &4 Step left foot forward, lock right behind left, left foot forward (or shuffle forward).

- 5 – 6 Rock right foot forward, recover back onto left
7&8 Step right foot back, lock left across right foot, step right foot back (or shuffle back).

Sec 8: Hip bumps moving back, Rock step, step forward, close.

- 1&2 Step left foot back bumping hips left, right, left
3&4 step right foot back bumping hips right, left, right
5 – 6 Rock left foot back, recover forward onto right.
7 – 8 Step left foot forward, close right foot next to left.

Start again - No Tags or Restarts

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