

Sex On The Beach!

COPPERKNOB
STEPSHEETS

拍數: 48
編舞者: "Hillbilly" Rick (USA) - July 2013
音樂: Sex on the Beach - T-Spoon

牆數: 4

級數: Easy Intermediate



BIKINI TIME- BUMP & POINT - THEN GET DOWN & ROLL THEM HIPS

- 1-2 Bump your hips to the R twice, while pointing both fingers L (kind of like shooting six guns)
- 3-4 Bump your hips to the L twice, while pointing both fingers R
- 5-8 Get down and roll your hips in a figure motion (have fun)

WALK OR SKIP IN A CIRCLE TO LEFT (CCW), WHILE SWIMMING WITH YOUR ARMS

- 1-8 While making a swimming motion with your arms walk or skip with attitude in a medium sized circle to the L □stepping R L R L R L R L - end up facing original wall - make it funky! It's a lot more fun to skip!!!! Note you may □also do a 8 count paddle turn with lots of hip action!!

STEP HITCH & SCOOT X 4 - MOVING R STEP R, L, RLR

- 1 Step forward R, Hitch L leg and scoot or skip forward
- 2 Step forward L, Hitch R leg and scoot or skip forward
- 3-4 Repeat 1-2
- 5-6 Step R to R, Step L beside R
- 7&8 Shuffle to the R side RLR

HEEL SWITCHES AND HOLD with 2 quick claps , MOVING L STEP L, R, LRL

- 1&2 Touch L heel forward, Bring L back and Touch R Heel forward
- &3-4 Bring R Back and Touch L Heel Forward - Hold & clap twice quickly
- 5-6 Step L to L - Step R behind L
- 7&8 Shuffle to the L side LRL

R HEEL FORWARD & BACK, 1/4 TURN L AS REPEAT R HEEL FWD TOE BACK - SHUFFLE FORWARD RLR, LRL

- 1-2 Touch R heel way forward and lean back - Touch R toe way back & lean forward
- 3-4 1/4 Turn L on ball of L foot as you touch R heel way forward and lean back - Touch R toe way back & lean □forward
- 5&6 RLR Shuffle moving forward
- 7&8 LRL Shuffle moving forward

VINE R WITH SCUFF, ROLLING VINE L WITH SCUFF

- 1-4 Step R with R, Step L behind R, Step R with R, Scuff L beside R
- 5-8 Movin L, make a full turn to the L as you step L, R, R, finish with Scuff of R

Dedicated to my friends in Windang Beach Australia for allowing me to create this dance in the great sun and winds while on their beautiful beach.

Yeehaaaaa

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Contact: "Hillbilly" Rick, 12900 S Weather Rock Dr, Haubstadt, In 47639, USA,
Ph 812-867-3401 Email HillbillyR@aol.com Web Site www.HillbillyRick.com