

# Sexy And I Know It

拍數: 128      牆數: 1      級數: Phrased Intermediate  
編舞者: Nathan Gardiner (SCO) - December 2016  
音樂: Sexy and I Know It - LMFAO



Intro: 32 counts - Sequence: A, B, C, D, A, B, C, D, TAG, D, B, D

## Part A – 32 counts

### A1: Side R, Touch, Chasse L, Behind Side Cross, Side Rock, Recover

1-2            Step R to R side, Touch L next to R  
3&4           Step L to L side, Step R next to L, Step L to L side  
5&6           Step R behind L, Step L to L side, Cross R over L  
7-8           Rock out to L side, Recover on R

### A2: Behind, Kick Ball Cross, Side Rock, Recover Behind, Side Mambo Touch

1            Step L behind R  
2&3           Kick R to R diagonal, Step R next to L, Cross L over R  
4-5           Rock out to R side, Recover on L  
6            Step R behind L  
7&8           Rock out to L side, Recover on R, Touch L next to R

### A3: L Lock, L Lock Step, Jazz Box

1-2           Step forward on L, Lock R behind L  
3&4           Step forward on L, Lock R behind L, Step forward on L  
5-6           Cross R over L, Step back on L  
7-8           Step R to R side, Step forward on L

### A4: Rock Forward, Recover, Shuffle ½ R, Walk R & L, Shuffle (Turning ½ R)

1-2           Rock forward on R, Recover on L  
3&4           ¼ R stepping R to R side, Step L next to R, ¼ R stepping forward on R  
5-6           1/8 R stepping forward on L, 1/8 R stepping forward on R  
7&8           1/8 R stepping forward on L, Step R next to L, 1/8 R stepping forward on L

## Part B – 32 counts

### B1: Side R, Hold, Behind Side Cross, Side R, Hold, Rock Back, Recover

1-2           Step R to R side, Hold  
3&4           Step L behind R, Step R to R side, Cross L over R  
5-6           Step R to R side, Hold  
7-8           Rock back on L, Recover on R

### B2: Side L, Hold, Behind Side Cross, Side L, Hold, Rock Back, Recover

1-2           Step L to L side, Hold  
3&4           Step R behind L, Step L to L side, Cross R over L  
5-6           Step L to L side, Hold  
7-8           Rock back on R, Recover on L

### B3: Step Forward, Hold, Run L, R, L, Step forward, Hold, Rock Forward, Recover

1-2           Step forward on R, Hold  
3&4           Run forward stepping L, R, L (Small Steps)  
5-6           Step forward on R, Hold  
7-8           Rock forward on L, Recover on R

### B4: Step Back, Hold, Run R, L, R, Step Back, Hold, Rock Back, Recover

- 1-2 Step back on L, Hold
- 3&4 Run back stepping R, L, R (Small Steps)
- 5-6 Step back on L, Hold
- 7-8 Rock back on R, Recover on L

**Part C – 32 counts**

**C1: Walk Forward R, L, R, Kick, ¼ L, ½ L, ¼ L, Scuff**

- 1-2 Step forward on R, Step forward on L
- 3-4 Step forward on R, Kick L across R
- 5-6 ¼ L stepping forward on L, ½ L stepping back on R
- 7-8 ¼ L stepping L to L side, Scuff R across L

**C2: Jazz Box ¼ R Cross, Step R, Touch Across, Step R, Touch Behind**

- 1-2 Cross R over L, ¼ R stepping back on L
- 3-4 Step R to R side, Cross L over R
- 5-6 Step R to R side, Touch L across R
- 7-8 Step L to L side, Touch R behind L

**C3: Weave R, Weave ¼ L**

- 1-2 Step R to R side, Step L behind R
- 3-4 Step R to R side, Touch L next to R
- 5-6 Step L to L side, Step R behind L
- 7-8 ¼ L stepping forward on L, Step forward on R

**C4: Pivot ½ L, Step Forward, Full Turn R, ½ R, In, In, Body Roll**

- 1-2 Pivot ½ L, Step forward on R
- 3-4 ½ R stepping back on L, ½ R stepping forward on R
- &5&6 ½ R stepping L to L side, Step R to R side, Step L in, Step R next to L
- 7-8 Body roll bottom to top for 2 counts

**Part D – 32 counts**

**D1: C Hip Bumps R & L**

- 1&2 Touch R slightly forward bumping R hip up, Bump R hip back to centre, Bump R hip down
- &3&4 Bump R hip to centre, Bump R hip up, Bump R hip back to centre, Bump R hip down (Taking weight on R)
- 5&6 Touch L slightly forward bumping L hip up, Bump L hip to centre, Bump L hip down
- &7&8 Bump L hip to centre, Bump L hip up, Bump L hip to centre, Bump L hip down (Taking weight on L)

**D2: Rock Forward, Recover, Shuffle ½ R & L**

- 1-2 Rock forward on R, Recover on L
- 3&4 ¼ R stepping R to R side, Step L next to R, ¼ R stepping forward on R
- 5-6 Rock forward on L, Recover on R
- 7&8 ¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L

**D3: Dip, Touch, Dip, Touch, Sway Hips R, L, R, L**

- 1-2 Step R to R side dipping down, Touch L to L diagonal
- 3-4 Step L to L side dipping down, Touch R to R diagonal
- 5-6 Step R to R side swaying hips to R side, Sway hips to L side
- 7-8 Sway hips to R side, Sway hips to L side

**D4: Sailor Step R & L, Out Out, Hip Roll**

- 1&2 Step R behind L, Step L to L side, Step R to R side
- 3&4 Step L behind R, Step R to R side, Step L to L side
- 5-6 Step R to R side, Step L to L side

7-8 Roll hips anticlockwise for 2 counts

**Tag: 32 counts (See Sequence)**

**TS1: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, Small Jump**

1&2&3 Shake/shimmy body for 3 counts

&4 Small jump forward stepping R to R side, Step L to L side

5&6&7 Shake/shimmy body for 3 counts

&8 Small jump forward stepping R to R side, Step L to L side

**TS2: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, 2X Small Jump**

1&2&3 Shake/shimmy body for 3 counts

&4 Small jump forward stepping R to R side, Step L to L side

5&6 Shimmy shoulders for 2 counts

&7 Small jump forward stepping R to R side, Step L to L side

&8 Small jump forward stepping R to R side, Step L to L side

**TS3: Sway R, L, R, L, Behind Side Cross, Side Rock, Recover**

1-2 Step R to R side swaying hips to R side, Sway hips to L side

3-4 Sway hips to R side, Sway hips to L side

5&6 Step R behind L, Step L to L side, Cross R over L

7-8 Rock out to L side, Recover on R

**TS4: Sway L, R, L, R, Behind Side Cross, Side Rock, Recover**

1-2 Step L to L side swaying hips to L side, Sway hips to R side

3-4 Sway hips to L side, Sway hips to R side

5&6 Step L behind R, Step R to R side, Cross L over R

7-8 Rock out to R side, Recover on L

**Optional Ending: After you dance part D for last time place hands on hips and bump R hip forward**

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