I'm So Sexy



拍數: 80 牆數: 2 級數: Phrased Intermediate

編舞者: Pooi Kuan (MY) - June 2017

音樂: I'm So Sexy by Dancing Genome (JYP, JSY)



Dance Start after 16 counts after the word 'Let's go'......

Sequence: Intro ABC Tag, ABC, ABBCC Ending

Intro (32 counts)

Section 1: Step Touch (Both Hands Open to Side)

Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF

Section 2: Hip Bump (Both Hands Wrist Roll Together)

1 2 3 4 Hip Bump to R Twice, Hip Bump to L Twice 5 6 7 8 Hip Bump to R Twice, Hip Bump to L Twice

Section 3: Repeat Sec1

Section 4: Repeat Sec2

PART A (32 counts)

Section A1: Forward Step Touch, Backward Step Touch

1 2 3 4 Step RF Forward, Touch LF to L, Step LF Forward, Touch RF to R

5 6 7 8 Step RF Back, Touch LF to L, Step LF Back, Touch LF to L

Section A2: Side Step Touch

1 2 3 4 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF 5 6 7 8 Step RF to R, Touch LF next to RF, Step LF to L, Touch RF next to LF

Section A3: Repeat A1

Section A4: Repeat A2

PART B (16 counts)

Section B1: Knee Pop, Step LF to L, Hip Bump

1 2 Step RF in place with Left knee pop, Step LF in place with RF knee pop

3 4 Step RF in place with Left knee pop, Step LF to L,

5 6 7 8 Left Hip Bump 4 times (weight on Left)

Section B2: Press Step, Forward, Touch, Hitch & Hitch

1 2 3 4 Press RF to R, Step RF next to LF. Press LF to L, Step LF next to RF

5 6 Step RF Forward, Touch LF behind RF,

7 & 8 Step LF in Place with RF Hitch, Step on RF, Step LF in place with RF Hitch

PART C (32 counts)

Section C1: Together, Right Sway, Together, Left Sway

& Quite Step RF next to LF / Small jump in place,

1 2 3 4 Sit Pose - Step RF to R with Sway Hip to R,L,R,L (weight on R)

& Quite Step LF next to RF / Small jump in place

5 6 7 8 Sit Pose – Step LF to L with Sway hip to L,R,L,R (weight on L)

Section C2: Hip Bump

1 2 3 4 (Centre weight) Bump Hip back diagonally Right, Left, Right, Right

Section C3: Repeat C1

Section C4: Cross Shuffle on RF, Cross Shuffle on LF, ½ Turn

1 2 Cross RF over LF, small step LF to L,

3 & 4 Cross RF over LF, small step LF to L, Cross RF over LF

5 6 Cross LF over RF, Step RF to R,

78 ½ R Turn with Step LF to L, Step RF to R

TAG & Ending (8 counts) - Slow Movement / Free Style

1 2 3 4 Slowly bend both knee down (slowly stroked down your thigh with your both hands) 5 6 7 8 Slowly straight your both knees (slowly stroked up your thigh with your both hands)

Enjoy!

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