

Sexy Ladies

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Adam Åstmar (SWE) - November 2020
音樂: Sexy Ladies - Superfruit : (3:36)



Intro: 32 counts, approx. 19 seconds, starting on the word "hours".

Sect - 1: R Side Rock. ¼ Recover. Ball. Back. Touch Across with Clap. Step. Lock-Step Forward. ¼ R.

- 1 - 2 & (1) Rock to the right on RF. (2) Turn ¼ to the right, recovering on LF. (&) Ball step RF next to LF. {3:00}
- 3 - 4 (3) Step back on LF. (4) Touch RF slightly in front of LF and clap hands.
- 5 - 6 & (5) Step forward on RF. (6) Step forward on LF. (&) Lock RF behind LF.
- 7 - 8 (7) Step forward on LF. (8) Turn ¼ to the right, placing weight on RF. {6:00}

Sect - 2: Hip Sway L, R. Ball. Walk Forward R, L. Kick-Ball-Point. Ball. Step ½ Turn.

- 1 - 2 & (1) Sway hips to the left. (2) Sway hips to the right. (&) Ball step LF next to RF.
- 3 - 4 Walk forward on (3) RF, (4) LF.
- 5 & 6 & (5) Kick RF forward. (&) Ball step RF next to LF. (6) Point LF to the side. (&) Ball step LF next to RF.
- 7 - 8 (7) Step forward on RF. (8) Turn ½ to the left, placing weight on LF. {12:00}

Sect - 3: ¼ L Side Step with Hip Roll. Ball. Cross Side. Sailor 1/8 Heel. Ball. 1/8 Cross. Side.

- 1 - 2 & (1) Turn ¼ to the left, stepping to the right on RF while starting to roll hips back, counter-clockwise from left to right. (push your behind back, like a sexy lady!) {9:00} (2) Finish rolling hips. (&) Ball step LF next to RF, slightly facing the left diagonal.
- 3 - 4 (3) Cross RF over LF. (4) Step to the left on LF, squaring up to 9'00.
- 5 & 6 & (5) Step RF behind LF. (&) Step to the left on LF. (6) Turn 1/8 to the right, touching R heel forward. {10:30} (&) Ball step RF next to LF.
- 7 - 8 (7) Turn 1/8 to the left, crossing LF over RF. (8) Step to the right on RF.

Sect - 4: Sailor Step. Behind-Side-Cross. ½. ¾ with Sweep. Behind-Side-Cross.

- 1 & 2 (1) Step LF behind RF. (&) Step to the right on RF. (2) Step slightly to the left on LF.
- 3 & 4 (3) Step RF behind LF. (&) Step to the left on LF. (4) Cross RF over LF.
- 5 - 6 (5) Turn ½ to the left, placing weight on LF. {3:00} (6) Turn ½ to the left, stepping back on RF and sweep LF from back to front, turning another ¼ to the left. {6:00}

(You make the ¾ sweep turn all at once!)

- 7 & 8 (7) Step LF behind RF. (&) Step to the right on RF. (8) Cross LF over RF.

Have fun!