

Sexy and You Know It

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jennifer Choo Sue Chin (MY) & Janice Khoo (MY) - September 2022
音樂: Dance With Me - Blue : (Album: Heart & Soul)



Intro: 4x8 (Start on the vocal 'see')

Set 1 - RF-LF KICK BALL POINT, ½R CURVY SAILOR CROSS & CROSS SHUFFLE End Facing

1&2 (1) Kick RF fwd, (&) Step RF next to LF, (2) Point LF to L 12:00
3&4 (3) Kick LF fwd, (&) Step LF next to RF, (4) Point RF to R 12:00
5&6 (5) ½R Step ball of RF behind LF, (&) ½R step ball of LF to L, (6) Cross RF over LF 3:00
&7&8 (&) ½R Step ball or LF to L, (7) Cross RF over LF, (&) ½R Step ball or LF to L, (8) Cross RF over LF 6:00

Set 2 - OUT OUT, PONY, ¾R TURN, BACK ROCK POINT

1-2 (1) Step LF to diag fwd L (roll L knee to L), (2) Step RF to diag fwd R (roll R knee to R) 6:00
3&4 (3) Rock LF back & pop RF knee fwd, (&) Recover on RF, (4) Step back on LF & pop RF knee fwd

Note: Pull shoulders back on "&" before count 3 and pop shoulders fwd on count 3. Repeat for &4. 6:00

5-6 (5) ½R Step RF fwd, (6) ¼R Step LF to L 3:00
7&8 (7) Rock RF back, (&) Recover on LF, (8) Point RF to R 3:00

Set 3 - WALK WALK, ANCHOR STEP, COASTER STEP, ¼L PIVOT

1-2 (1) Step RF fwd, (2) Step LF fwd 3:00
3&4 (3) Lock RF behind LF, (&) Step LF in place, (4) Step RF back 3:00
5&6 (5) Step back on LF, (&) Step RF next to LF, (6) Step LF fwd 3:00
7-8 (7) Step RF fwd, (8) ¼L shifting weight on LF 12:00

Set 4 - R-L CROSS ROCK SIDE, FWD HIP BUMPS, ½L FWD HIP BUMPS

1&2 (1) RF cross rock over LF, (&) Recover on LF, (2) Step RF to R 12:00
3&4 (3) LF cross rock over RF, (&) Recover on RF, (4) Step LF to L 12:00
5-6 (5) Touch RF fwd and bump hip fwd, (6) Step down on RF 12:00
7-8 (7) ½L and touch LF fwd and bump hip fwd, (8) Step down on LF 6:00

Repeat again and have fun!

SEXY TAG (to be danced after Wall 5) – start facing 6:00

Set 1: BODY ROLL TO R AND SIT ON L HIP, CLAPS, HEEL TWIST End Facing

1-5 (1-5) Step RF diag R and roll body fwd and sit back on L hip 6:00
& 6&a Clap 4x 6:00
7 &8 (7) Hold, (&) Twist R heel to R, (8) Return R heel to centre 6:00

Set 2: ½R, POINT L, RISE, CLAPS, TOE SWITCHES

&1 ½R Point LF to L with R knee bent and touch left hand (palm open) to R knee (or lower!) 12:00
2-5 (1-5) Gradually straighten R knee and slide left hand up R thigh
& 6&a Clap 4x 12:00
7 &8 (7) Hold, (&) Close LF next to RF, (8) Point RF to R 12:00

Set 3: 2X SLOW SWAYS, 4X FAST SWAYS

1-2 (1-2) Sway hip to R and lift R arm from side to top above the head 12:00
3-4 (3-4) Sway hip to L and lift L arm from side to top above the head 12:00
5-8 (5-6) Sway hips RLRL and bring both arms down gradually over neck-waist-hips 12:00

Set 4: SEXY SQUAT, ¼L JAZZ BOX, CLAPS

1-2 Bend both knees outwards going down over 2 counts

Arm: Place R hand at top of R thigh and L hand on L butt, then gradually slide both hands down towards knees 12:00

3-4 Straighten knees over 2 counts weight ending on RF

Arm: Switch R hand to the back and L hand to the front when at the knee level and gradually slide both hands upwards towards hips 12:00

5-7 (5) Cross LF over RF, (6) ¼L stepping back on RF, (7) Step LF to L 9:00

&8 Clap 2x 9:00

Then Restart from Set 3 walking towards 9:00. Replace the last 4 counts of Set 4 (hip bumps ½ turn) with a HOLD over 4 counts, and lift R arm upwards from the front, palm facing out (facing 6:00). Watch our teach and demo videos for a better grasp of the movements!

Acknowledgement: Special shout out to Sae Min who taught us how to do the Sexy Squat sexily :-D
