

Sexy Body

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Dustin Betts (USA) & Cody Flowers (USA) - February 2023
音樂: Sexy Body - Pitbull & Jennifer Lopez



Dance starts 32 counts into song (approx. 15 secs)

Restart on Wall 5 after 32 counts

[1-8] Sweep, Sweep, Pony Back, ¼ Point, Hip Roll w/Bump

- 1 2 Step back on RF sweeping LF from front to back, Step down on LF sweeping RF from front to back 12:00
- 3 & 4 Step back on RF while hitching left knee, Step LF beside RF, Step back on RF while hitching left knee 12:00
- 5 6 ¼ Turn left stepping LF to left side, Touch RF to right side 9:00
- 7 8 Step down on RF while rolling hips from left to right counterclockwise, ⅛ Turn left bumping hips diagonal keeping weight on RF 7:30

[9-16] Ball-Step, Cross, Scissor Step, Rock-Recover, Body Roll

- & 1 2 Step down on ball of LF, Step forward on RF, ⅛ Turn left crossing LF over RF 6:00
- 3 & 4 Rock RF to right side, Step LF beside RF, Cross RF over LF 6:00
- 5 6 ⅛ Turn left rocking forward on LF, Recover weight on RF 4:30
- 7 8 Touch LF back while starting a body roll, End body roll with weight on LF 4:30

[17-24] &-¼, Touch, ¼, ½, ¼, Touch, ¼, Scuff

- & 1 2 Step down on ball of RF, ¼ Turn left stepping LF to left side, Touch RF to right 1:30
- 3 4 ¼ Turn right stepping down on RF, ½ Turn right stepping back on LF 10:30
- 5 6 ¼ Turn right stepping RF to right side, Touch LF to left side 1:30
- 7 8 ¼ Turn left stepping down on LF, Scuff RF beside LF 10:30

[25-32] Cross, Scissor Step, Hitch, Shuffle, ¼ Sailor

- 1 2 ⅛ Turn left crossing RF over LF, Rock LF to left side 9:00
- & 3 4 Step RF beside LF, Cross LF over RF, Hitch right knee 9:00
- 5 & 6 Step RF to right side, Step LF beside RF, Step RF to right side 9:00
- 7 & 8 ¼ Turn left stepping back on LF, Step RF beside LF, Step forward on LF

***Restart here on Wall 5 by press rocking forward on count 32 instead of stepping forward. Step back on RF for count 1. 6:00**

[33-40] Step w/ Sweep, Step-Lock-Step, Cross, Back, Back-Lock-Back

- 1 2 Step RF forward while sweeping LF from back to front, Step LF forward 6:00
- 3 & 4 Step RF forward, Lock LF behind RF, Step RF forward 6:00
- 5 6 Cross LF over RF, ⅛ Turn left stepping back on RF 4:30
- 7 & 8 Step back on LF, Lock RF over LF, Step back on LF 4:30

[41-48] Rock-Recover, Pivot ½, Hip Roll w/ Bump, Step, Together

- 1 2 Rock back on RF, Recover weight on LF 4:30
- 3 4 Step RF forward, Pivot ½ Turn left putting weight on LF 10:30
- 5 6 ⅛ Turn left stepping RF to right side while rolling hips from left to right counterclockwise, Bump hips left keeping weight on RF 9:00
- 7 8 Step down on LF, Step RF beside LF 9:00

[49-56] Step w/ Sweep, Step-Lock-Step, Cross, Back, Back-Lock-Back

- 1 2 Step LF forward while sweeping RF from back to front, Step RF forward 9:00
- 3 & 4 Step LF forward, Lock RF behind LF, Step LF forward 9:00

5 6 Cross RF over LF, $\frac{1}{8}$ Turn right stepping back on LF 10:30
7 & 8 Step back on RF, Lock LF over RF, Step back on RF 10:30

[57-64] Rock-Recover, Pivot $\frac{1}{2}$, Hip Roll w/ Bump, Step, $\frac{1}{2}$, $\frac{1}{2}$

1 2 Rock back on LF, Recover weight on RF 10:30
3 4 Step LF forward, Pivot $\frac{1}{2}$ Turn right putting weight on RF 4:30
5 6 $\frac{1}{8}$ Turn left stepping LF to left side while rolling hips from right to left clockwise, Bump hips right keeping weight on LF 6:00
7 8 a Step down on RF, $\frac{1}{2}$ Turn left stepping LF forward, $\frac{1}{2}$ Turn left preparing to begin dance again facing the back wall 6:00
