

# LaFreak

COPPERKNOB  
STEPSHEETS

拍數: 96      牆數: 2      級數: Phrased Intermediate  
編舞者: Mark Paulino (USA) & Riley Muller (USA) - April 2024  
音樂: Sexy and I Know It - LMFAO



Intro: 32 counts

Seq: AA,BB,C,D,AA,BB,C,D,AA AA,BB,C

## A SEQUENCE - 16 COUNTS

**STEP FORWARD, HOLD, STEP BACK, STEP FORWARD, WALK WALK, ½ TURN HEEL BOUNCES**

1,2            R steps forward, hold  
3,4            R steps back, R steps forward  
5,6            L steps forward, R steps forward  
7,8            Both heels bounce with ¼ turn counter clockwise, both heels bounce with ¼ turn counter clockwise

## L COASTER STEP, BRUSH, BOX STEP

1,2            L steps back, R steps besides L  
3,4            L steps forward, R brush forward  
5,6            R steps over L, L steps back  
7,8            R steps besides L, L steps forward

## B SEQUENCE - 16 COUNTS

**NIGHTCLUB TWO STEP BASIC, SIDE STEP HIP ROLL**

1,2            R side step as L drags towards R for 2 counts  
3,4            L cross rock behind R, recover onto R  
5              L side step  
6,7,8        Hip roll from L to R to L for 3 count

## BALL CROSS, UNWIND, R SIDE STEP, LEFT SIDE, BOTH ARM FLEX

&1            R ball touch back, L cross step over R (keep both knees bent)  
2,3,4        ½ turn unwind as you straighten yourself upwards for 3 counts  
5,6            R side step, L side step  
7,8            Both arm flexed up, hold

## C SEQUENCE - 32 COUNTS

**¼ TURN PADDLE, FREE STYLE**

1&2&3&4    ¼ turn counter clockwise with R side rock, recover on L  
5,6,7,8     Stationary freestyling moves to look cool and sexy

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**¼ TURN PADDLE, SLOW DROP, HANDS MOVEMENT IN AN ARC**

1&2&3&4    ¼ turn counter clockwise with L side rock, recover on R  
5,6           Lower yourself down to a squatting position for 2 counts  
7,8           Hit the floor with both hands in front of you, swing your right arm up and behind you having your right hand on the floor as you swing your left arm up and stays in an upward position

**(Finish the dance without the last 4 counts of C sequence)**

**D SEQUENCE- 32 COUNTS**

- 4 HIP THRUSTS, SWITCH ARMS AND 4 HIP THRUSTS  
1,2,3,4 Keeping all the weight on right hand and both feet, perform 1 hip thrust per count  
&5,6,7,8 Switch hand with right being up in the air and L onto the floor behind you, perform 1 hip thrust per count

**LEAN FORWARD INTO SQUATTING POSITION, HANDS ON KNEES AS YOU DANCE YOUR WAY UP**

- 1,2,3,4,5,6,7,8 Lean forward into squatting position, hands on knees as you dance your way up

**PELVIC THRUST R/L/R/R/L/R/L/L**

- 1,2,3,4,5,6,7,8 Pelvic thrust R/L/R/R/L/R/L/L

**FULL TURN WALK AROUND**

- 1,2 (In an arc walking clockwise) R step forward, hold  
3,4 L step forward, hold  
5,6,7,8 R step forward, L step forward, R step forward, L step forward
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