

Sexy 4Ever

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kris Lonquist (USA) - November 2024
音樂: SEXY 4EVER (feat. Nile Rodgers) - INJI



Begin after 16 counts, on the first word - "My"

[1-8] Coaster Cross, Rock Recover Cross, Rock Recover Step, Step Left and Right, Heels in and out

&1-2 Step back R, Step back L, Cross R over L (moving forward)
&3-4 Rock L, Recover, Cross L over R
&5-6 Rock R, Recover, Step Forward R
&7&8 Step Forward L, Step Together R, Heels out, heels in

[9-16] Step Back, Touch Front, Step Pivot Turn, Back, Rock Recover, Step and Hitch

1-2 Step R back, Touch L in front of R angling your L hip to the front
3-4 Square to the front and step forward on L pivoting 180 to 6:00, Step Back on Right
5-6 Back rock L, Recover R
7-8 Step and lean and little forward on L to prep to push, Hitch Left

[17-24] Wizard Left, Wizard Right, Walk, Walk, Triple Step

1-2& Step L, Step R behind L, Step L
3-4& Step R, Step L behind R, Step R
5-6 Forward Step Left, forward step Right
7&8 Step L forward, Step R next to L, Step L forward

[25-32] Rock Recover, Triple turn, Paddle paddle paddle, Press and Push

1-2 Rock R forward, push off R as you recover on L to start turning over R shoulder,
3&4 Step Right, Left, Right as you continue turning over R Shoulder (turning past 12:00)
5,6,7 Paddle L Foot 3 times to make a full spin back to 12:00
8& Step L forward leaning forward and bending knee to prep, push back

[33-40] Sweep Left, Rock Recover, Hip bump, Hip Bump, Press and Push

1-2 Sweep Left to the back
3-4 Rock back on L, Recover forward on R
5&6 Touch L toe forward bumping L hip left, bring hip to center, step on L
7&8 Touch R toe forward bumping R hip right, bring hip to center, step on R leaning forward with bent knee
& Push back on R

[41-48] Sweep Right, Rock Recover, Hip bump, Hip Bump

1-2 Sweep Right to the back
3-4 Rock back on R, Recover forward on L
5&6 Touch R toe forward bumping R hip right, bring hip to center, step on R
7&8 Touch L toe forward bumping L hip left, bring hip to center, step on L

[49-56] Step Right, Drag, cross and Hold, Step Left, Drag, step forward and hold

1-2 Step out on Right, Drag L to R
3-4 Cross R in front of L, Hold
5-6 Step out on L, Drag R to L
7-8 Step L forward and Hold

[57-64] Step Turn, Step Turn, Step, ¼ turning heel bump, ¼ turning heel bump, Step L back

1-2 Step R forward, Pivot ½ turn

3-4 Step R forward, Pivot ½ turn
5 Step R in front of L
&6 Lift both heels up turning ¼ turn over left shoulder, drop heels
&7 Lift both heels up turning ¼ turn over left shoulder, drop heels
8 Step back on L

Restarts

1st restart is on wall 2 after 48 counts (facing back wall)

2nd restart is on wall 4 after 48 counts (facing front wall)

The Pattern is:

Wall 1: 64 Counts

Wall 2: 48 Counts - Restart on 48&

Wall 3: 64 Counts

Wall 4: 48 Counts - Restart on 48&

Wall 5: 64 Counts

Wall 6: 32 Counts, but however many paddles you want to spin as long as you want

Fun Stuff to add:

Wall 1: Say "Uh huh!" with heels on &8

Wall 5: Say "Hot Damn!" on the heels on counts &8.

Wall 5: Say "Bbrrrrr!" on the knee hitch on count 16.

Last Update: 3 Dec 2024
