

Sex Bomb

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Cathy McDaniel (USA)
音樂: Sex Bomb (Remix) - Tom Jones



STEP FORWARD RIGHT, LEFT FORWARD SHUFFLE, ½ TURN TO THE RIGHT, SHUFFLE BACK

1-2 Step forward right, step forward left
3&4 Step right foot forward, step left next to right, step right foot forward
On ball of the right foot, turn ½ right starting your shuffle back
5&6 Step back on your left foot, step right next to left, step back on left foot
7-8 Rock back on right foot, step left foot in place

SIDE MAMBO STEP, STEP ½ PIVOT LEFT, STEP TOGETHER RIGHT, LEFT

1&2 Step right to right side, shift weight to left, step right next to left
3&4 Step left to left side, shift weight to right, step left next to right
5-6 Step right foot forward pivot ½ turn left, shifting weight to left
7-8 Step right foot next to left, step left foot next to right

"ATTITUDE"

TOUCH HEAD SHOULDERS, KNEES, SHIMMY SHOULDERS UP

1 Touch both hands to sides of head
2 Touch right hand on left shoulder, touch left hand on right shoulder
3 Touch right hand on right shoulder, touch left hand on left shoulder
& Touch hands on hip (right to right, left to left)
4-5 Bend forward and drop head downward pointing to feet, lift head up to face front
6-7 Lift right shoulder up, lit left shoulder up
&8 Repeat right & left shoulders again

2 SAILORS STEP, ¼ TURN LEFT, STEP TOGETHER RIGHT, LEFT

1&2 Cross right behind left, step left to left side, step right in place
3&4 Cross left behind right, step right to right side, step left in place
5-6 Step right forward, ¼ turn left, step left next to right
7-8 Step right foot next to left, step left foot next to right

REPEAT
