

Sex Bomb

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Leanne Leis (AUS) & Chris Watson (AUS)
音樂: Sex Bomb - Tom Jones & Mousse T.



Sequence: AB TAG ABB AB A

PART A

RIGHT DOROTHY, LEFT DOROTHY, STEP ½ PIVOT, SHUFFLE FORWARD

- 1-2&3-4& Step right forward diagonally, step left behind right, step right beside left, step left forward diagonally, step right behind left, step left beside right
5-6-7&8 Step right forward, pivot ½ turn left, shuffle forward right-left-right

ROCK FORWARD, BACK, LEFT COASTER, RIGHT DOROTHY, LEFT DOROTHY

- 1-2-3&4 Rock forward on left, rock back on right, step left back, step right beside left, step left forward
5-6&7-8& Step right forward diagonally, step left behind right, step right beside left, step left forward diagonally, step right behind left, step left beside right

HIP ROCKS, COASTER, HIP ROCKS, COASTER

- 1-2-3&4 Rock step right to right pushing hips, rock onto left, step right back, step left beside right, step right forward
5-6-7&8 Rock step left to left pushing hips, rock onto right, step left back, step right beside left, step left forward

ROCK, REPLACE, CROSS SHUFFLE, ½ TURN, CROSS SHUFFLE

- 1-2-3&4 Rock step right to right, rock onto left, step right across left, step left to left, step right across left
5-6-7&8 Turning ¼ turn right step back on right, turning ¼ turn right step right to right, step left across right, step right to right, step left across right

STEP TOUCH, STEP TOUCH, ¼ TURN, TWISTS

- 1-2-3-4 Step right forward, touch left toe to left, step left across right, touch right toe to right
5-6 Step right forward, turn ¼ turn left twisting heels to right (facing 9:00)
7&8 Traveling left - twist heels, toes, heels (heels to center position)

STEP, PIVOT, KICK BALL CHANGE, SIDE ROCK CROSS, STEP ¼ TURN

- 1-2-3&4 Step forward right, pivot ½ turn left (keeping weight on right), kick left forward, step left beside right, step right in place
5&6-7-8 Rock step left to left, rock onto right, step left across right, step right to right, turn ¼ turn left taking weight on left

DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT, HIP ROTATIONS

- 1&2-3&4 Stepping right to right push hips twice, push hips twice to left
5-6-7-8 Rotate hips twice (full circles to the left)

TOE, HEEL, TOE, HEEL, ROCK, ¼ TURN, SHUFFLE FORWARD

- 1-2-3-4 Step right toe across left, place heel down, step left toe to left, place heel down
5&6-7&8 Rock right across left, rock back onto right, turn ¼ turn right (facing 3:00), shuffle forward right-left-right

PART B

ROCK, REPLACE, BEHIND SIDE CROSS, REPEAT

- 1-2-3&4 Rock right to right, rock onto left, step right behind left, step left to left, step right across left

5-6-7&8 Rock left to left, rock onto right, step left behind right, step right to right, step left across right

SCOOTS AND STEPS

&1&2& Scoot back on left, step onto right, scoot back on right, step onto left, scoot back on left

3&4 Step onto right, step left, step right in place

&5&6& Scoot back on right, step onto left, scoot back on left, step onto right, scoot back on right

7&8 Step onto left, step right, step left in place

JUMP OUT, IN, HEEL & STEP, ROCK FORWARD, BACK, FULL TURN

&1&2&3&4 Jump out right-left, together right-left, step right back, place left heel forward 45deg, step left to center, step right forward

5-6-7&8 Rock forward on left, rock back on right, turn full turn left stepping left-right-left on the spot

ROCK REPLACE, CROSS SHUFFLE, ROCK ¼ TURN, SHUFFLE FORWARD

1-2-3&4 Rock right to right, rock onto left, step right across left, step left to left, step right across left

5-6-7&8 Rock left to left, rock onto right as you turn ¼ turn right, shuffle forward left-right-left

TAG

SIDE, TOGETHER, SIDE TOGETHER & CLAP, REPEAT

1-2-3-4 Step right to right, step left beside right, step right to right, step left beside right clapping hands

5-6-7-8 Step left to left, step right beside left, step left to left, step right beside left clapping hands

SHUFFLE RIGHT, ROCK BACK, FORWARD, SHUFFLE LEFT, ROCK BACK, FORWARD

1&2-3-4 Shuffle to right stepping right-left-right, rock back on left, rock forward on right

5&6-7-8 Shuffle to left stepping left-right-left, rock back on right, rock forward on left

ENDING

To end the dance, you will be doing Part A. Dance the hip rotations, but as you finish the second one, turn ¼ turn right (to face front wall) and end with weight on left and right heel forward
