

Sexual Healing

拍數: 32 牆數: 4 級數: Beginner
編舞者: Raymond Sarlemijn (NL) & Roy Verdonk (NL)
音樂: Sexual Healing - Marvin Gaye & Shaggy



STEP OUT, POINT, STEP OUT POINT, STEP IN PLACE, KICK ¼ TURN (MAKE THESE STEPS FUNKY)

- 1 Step left foot to the side
- 2 Point right toe crosswise over left foot
- 3 Step right foot to right side
- 4 Point left toe crosswise over right foot
- 5 Step back on left foot
- 6 Kick right foot to left side forward(21:00)
- 7 Kick right foot to right side backwards(15:00)
- 8 Turn ¼ right pull right foot next to left foot

WALK, WALK, SHUFFLE, SWIVEL, ¼ TURN LEFT SWIVEL(MAKE THESE STEPS SMOOTH)

- 1 Walk left foot forward
- 2 Walk right foot forward
- 3&4 Shuffle left, right, left forward
- 5 Swivel right foot
- 6 ¼ turn left swivel left foot
- 7&8 Swivel right foot twice

SWIVELS, HOLD WITH MOTION(MAKE THESE STEPS SMOOTH)

- 1 Swivel left foot
- 2 Swivel right foot
- 3&4 Swivel left foot twice
- 5&6&7&8 Weight on left foot hanging backwards en swivel right foot(all in place)

KICKBALL CROSS(FUNKY),OUT IN OUT(FUNKY), ¼ LEFT, STEP IN PLACE

- 1 Kick right foot forward
- & Step back on right foot
- 2 Cross left foot over right
- 3 Jump out on both feet (while doing this, bend your knees to the outside)
- & Jump out on both feet (while doing this, bend your knees to the inside)
- 4 Out on both feet (while doing this, bend your knees to the outside)
- 5 Step right foot ¼ turn left
- & Weight on right foot bend left foot(body roll make this one smooth)
- 6 Weight on right foot bend right leg
- 7 Push off on right foot, weight ends on left foot
- 8 Pull right foot next to left foot(hand movement like you pull yourself on a rope funky)

REPEAT
