

Flexy Sexy

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Jo Kinser (UK) & John Kinser (UK)
音樂: Do Ya Think I'm Sexy - N-Trance With Rod Stewart



STOMP TAP STEP, BEHIND SIDE IN FRONT, ROCK & CROSS, SHUFFLE STEP

1&2 Stomp left forward, touch right next to left, step right to right
3&4 Step left behind right, step right to right, step left in front right
5&6 Rock right side right, replace weight left, step right in front left
7&8 Step left to left, step right next to left, step left to left

¼ COASTER STEP, STEP ¼ TURN, ROCK STEP, LOCK, STEP ½ TURN

1&2 Make ¼ turn right stepping back right, step together left, step forward right
3&4 Step forward left, turn ½ right, turn ¼ right stepping left to left
5-6 Rock right back, replace left
8&7&8 Lock right behind left, step forward left, step forward right, make ½ turn left stepping left in place

HIP HOP WALK FORWARD RIGHT, LEFT, ¼ SHUFFLE STEP, SAILOR STEP TWICE

1 As you step forward right bring shoulders up, as you place weight right bring shoulders down
2 As you step forward left bring shoulders up, as you place weight left bring shoulders down
3&4 Make ¼ turn left stepping right side right, step together left, step right to right
5&6 Step left behind right, step right in place, step left side left
7&8 Step right behind left, step left in place, step right side right

SCUFF STEP ROCK STEP TWICE, ROCK ½ TURN, RUN RIGHT-LEFT-RIGHT TOUCH LEFT

&1&2 Scuff left forward, step forward left, rock right in place, replace weight left
&3&4 Scuff right forward, step forward right, rock left in place, replace weight right
5&6 Rock forward left, replace weight right, make ½ turn left stepping forward left
7&8& Run forward right, left, right, touch left next to right

REPEAT

HOPSCOTCH

7& Jump out feet shoulder width apart, hop forward onto right foot
8& Jump out feet shoulder width apart, hop forward onto right foot