Sweet 'N Sexy Shuffle



拍數: 32 編數: Intermediate

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音樂: SexyBack - Justin Timberlake: (CD: FutureSex/LoveSounds)



Also:

The Sweet Escape by Gwen Stefani; Bringin' Da Noise by NSync (111 bpm), CD: No Strings Attached

SHUFFLE FORWARD, SIDE SHUFFLE (LEFT), BACK ROCK-RECOVER, KICK-BALL CHANGE

1&2 Shuffle forward stepping (right-left-right)3&4 Shuffle to the left stepping (left-right-left)

5 Rock right behind left, while slightly lifting left off floor

6 Recover to left

7 Kick right slightly forward

&8 Land on right, lifting left slightly off the floor, lower left back to floor

MAKE ¼ TURN (RIGHT), TOUCH, SIDE STEP, TOUCH, KICK-BALL STEP, STEP FORWARD, ½ PIVOT TURN (LEFT)

9 Turning ¼ turn right, step right to side

10 Touch left toe next to right

11 Step left to side

Touch right toe next to left Kick right slightly forward

&14 Land on right, while slightly lifting left off the floor, step left forward

15 Step right forward

Turn ½ turn left (weight to left)

SIDE ROCK-RECOVER, CROSS, 1/4 TURNING (RIGHT) HEEL JACK, REPLACEMENT STEPS FORWARD

17 Rock right out to side, slightly lifting left off the floor

Lower left back to the floorCross right over left

&20 Turning ¼ turn right step left backward, while touching right heel forward

&21 Step right together, while stepping left forward

22 Hold

&23 Step right together, while stepping left forward

24 Hold

MAKE 1/2 PIVOT TURN (LEFT), SYNCOPATED HOPS, HIP ROLLS

25 Step right forward

26 Turn ½ left (weight to left)

&27 Hop right forward, step left together

28 Hold

&29 Hop right back, step right together

30 Hold

31-32 Roll hips around to the left (ending with weight on left)

Begin again