

Sweet 'N Sexy Shuffle

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Levi J. Hubbard (USA) - October 2007
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
12 Touch right toe next to left
13 Kick right slightly forward
&14 Land on right, while slightly lifting left off the floor, step left forward
15 Step right forward
16 Turn ½ turn left (weight to left)

SIDE ROCK-RECOVER, CROSS, ¼ TURNING (RIGHT) HEEL JACK, REPLACEMENT STEPS FORWARD

17 Rock right out to side, slightly lifting left off the floor
18 Lower left back to the floor
19 Cross 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 ½ 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