

Get Sexy

COPPER KNOB
STEPPERS

拍數: 64 牆數: 2 級數: Phrased Advanced
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音樂: Get Sexy - Sugababes



Counts: A + B = 64

Sequence: A, B, A, Tag, A, B, A, Tag, A w/ Restart, A, Tag

A

Walk, Walk, Rock-Recover-Ball Step, Step, Body Roll x2

- 1 – 2 Walk fwd on L, Walk fwd on R
- 3 – 4 Rock fwd on L, Recover back on R
- &-5-6 Step back on ball of L, Step R fwd, Step L out to L side
- 7 – 8 Body Roll from chest to hips, Body Roll from chest to hips (weight on R)

Ball Step Knee Roll x2, Weave to R w/ ¼ Turn L

- &-1-2 Ball step L back/in (L slightly behind R), Step R out to R rolling R knee out, Recover down on L
- &-3-4 Ball step R back/in (R slightly behind L), Step L out to L rolling L knee out, Recover down on R
- 5 – 6 Step L behind R, Step R out to R
- 7 – 8 Cross L over R, ¼ Turn L stepping R back

¼ Turn L w/ Dip, Side Step w/ bumps Heel Flick, ¾ Turn w/ L Coaster Step

- &-1-2 ½ Turn L stepping L fwd, ¼ Turn stepping R out as you dip down with weight over that R foot, Bring your body back upright as you begin to transfer your weight over to the L
- 3-&-4 As you place weight over on L Step R out to R, Step L next R, Flick L foot across in front of R leg (as you step to R bump hips R)
- 5 – 6 ¼ Turn L stepping L fwd, ¼ Turn L stepping R out to R
- 7-&-8 ¼ Turn L stepping L back, Step R beside L, Step L fwd

Ball-Rock-Step Back, Ball-Rock-Step Fwd, Walk Fwd R, L, R, L

- &-1-2 Ball step R next to L, Rock fwd on L lean upper body fwd, Step back on R
- &-3-4 Ball step L next to R, Rock back on R as you hitch L knee up, Step down on L
- 5 – 8 Walk fwd R, L, R, L

B

Step-Touch To R Diagonal, Walk Back ½ Turn to L Diagonal

- 1 – 2 Step R fwd towards R diagonal, Touch L toe out in front of R
- 3 – 4 Step L slightly fwd from where you were touched, Touch R fwd to R diagonal
- 5 – 6 Step back on R foot, Step back on L foot (Still facing the R diagonal)
- 7-&-8 Step back on R foot, ½ Turn L stepping L fwd, Step R fwd (facing diagonal)

Step-Touch to R Diagonal, Walk Back 5/8 Turn L, Bump Hips L then R

- 1 – 2 Step/Cross L in front of R, Touch R toe fwd to R diagonal
- 3 – 4 Step down on R foot, Touch L toe fwd to R diagonal
- 5 – 6 Step back on L, Step back on R (still facing diagonal)
- &7&8 ½ Turn L stepping L fwd, Step R fwd, 1/8 Turn L stepping L to L and bumping hips L, Bump hips to R weight R (1/8 turn centers you up to facing wall)

Sway Hips L then R, ¼ Turn L, Ball-Rock-Recover, ½ Turn Ball Rock Recover

- 1 – 2 Sway hips to L but dip down as you start, Come up on count 2 weight on L
- 3 – 4 Sway hips to R as you dip them, Come up on R as you make ¼ Turn R

- &-5-6 Ball step L next to R, Rock fwd on R, Recover back on L
- &-7-8 ½ Turn R stepping down on R, Rock fwd on L, Recover back on R
- Ball Step R Fwd, R Hip Roll x2, Out-Out, Touch/Look, Step-Step Flick**
- &-1-2 Ball step L next to R, Step R fwd as you roll R hip fwd, Roll hip back
- 3 – 4 R foot stays fwd as your roll R hip fwd then back again (weight on L)
- &-5-6 Step R out to R, Step L out to L, Touch R toe behind L looking L
- 7-&-8 Step R out to R head back to center, Step L next to R, Step back on R as you flick L foot fwd

NOTES:

There is a TAG! The tag is 32 counts long and you will do it a total of 3 times!

There is also a restart in this dance as well! (No complaining just do it! LOL)

TAG

Rock Recover Kick x3, Rock Recover Half Turn L

- 1&2& Rock fwd on R, Recover back on L, Kick R fwd, Step R beside L
- 3&4& Rock fwd on L, Recover back on R, Kick L fwd, Step L beside R
- 5&6& Rock fwd on R, Recover back on L, Kick R fwd, Step R beside L
- 7-&-8 Rock fwd on L, Recover back on R, ½ Turn L stepping L fwd

Rock Recover Kick Cross Traveling Fwd x3, Touch-Hitch Half Turn

- 1&2& Rock R out to R, Recover to L, Kick R fwd, Cross R over L
- 3&4& Rock L out to L, Recover to R, Kick L fwd, Cross L over R
- 5&6& Rock R out to R, Recover to L, Kick R fwd, Cross R over L
- 7-&-8 Touch L toe back, ½ Turn L hitching L knee up, Step L fwd

¼ Turn Touch-Together-Step, ½ Turn Touch Together Step, L Sailor, R Weave

- 1&2& ¼ Turn L on ball of L touching R toe out to R, Touch R beside L, Touch R out to R, ½ Turn L on ball of L touching R toe beside of L
- 3-&-4 Touch R out to R, Touch R beside L, Step R out to R
- 5-&-6 Step L behind R, Step R out to R, Step L slightly fwd
- 7-&-8 Step R behind L, Step L out to L, Cross R over L (angled slightly to diagonal)

Diagonal Rocking Chair x2, Rock-Recover Cross Behinds Traveling Back

- 1&2& Rock L fwd to L diagonal, Recover back on R, Rock back on L still on diagonal, Recover on to R
- 3-&-4 Rock L fwd to L diagonal, Recover back on R, Step back on L still on diagonal
- 5-&-6 Rock R out to R centering up with facing wall, Recover on to L, Step R behind L
- &7&8 Rock L out to L, Recover over to R, Step L behind R, Step R fwd

*** (Travel back as you do those rocks recovers step backs)**

RESTART

Happens the 5th time you start A, so it's a good way in to the dance. You do all of A and the only thing different is you're going to add a step on the last 8 count as your walking fwd. So, here is the last 8 count of A with the extra step you take to restart the dance with A again

Ball-Rock-Step Back, Ball-Rock-Step Fwd, Walk Fwd R, L, R, Ball Step ¼ Turn L

- &-1-2 Ball step R next to L, Rock fwd on L lean upper body fwd, Step back on R
- &-3-4 Ball step L next to R, Rock back on R as you hitch L knee up, Step down on L
- 5 – 7 Walk fwd R, L, R
- & - 8 Step L next to R, ¼ Turn L stepping back on R as you flick L fwd

Start over again with A and follow the sequence as stated at the top of the sheet!!

I Know it's long but please ENJOY and HAVE FUN!!! THANKS SO MUCH!!!!
