

I'm Sexy

拍數: 96 牆數: 1 級數: Phrased Improver
編舞者: Jean-Pierre Madge (CH) - November 2011
音樂: Sexy and I Know It - LMFAO



Introduction : 32 counts - Sequence : A-B-A-A-B-A-tag-A-B

Section A – 32 counts

Cross, Side, Behind-Side-Cross, Step ¼ Turn, Shuffle Forward

1-2 Cross L over R, Step R to R side
3&4 Cross L behind, Step R to R side, Cross L over R
5-6 Step R to R side, pivot ¼ turn L onto L forward (9h)
7&8 Step R forward, Step L next to R, Step R forward

Step, Step, ½ Turn, Step, Step ½ Turn, Step ¼ Turn

1-2 Step L forward, Step R forward
3-4 Pivot ½ turn L onto L forward, Step R forward (3h)
5-6 Step L forward, Pivot ½ R onto R forward (9h)
7-8 Step L forward, Pivot ¼ turn R (weight stays on L) (12h)

Out-Out, Hold, Touch-Side, Cross & Heel & Cross, Side

&1-2-3 Jump forward R-L (feet apart), Hold, Hold
&4 Touch R toe next to L, Step R to R side
5&6 Cross L over R, Step R to R side, Touch L heel to L diagonal
&7-8 Step L next to R, Cross R over L, Step L to L side

Touch Back, ½ Turn, Shuffle Forward, Step ½ Turn, Side, Hold

1-2 Touch R toe back, ½ turn R onto R (6h)
3&4 Step L forward, Step R next to L, Step L forward
5-6 Step R forward, Pivot ½ turn L onto L forward (12h)
7-8 Step R out to R side, Hold

Section B – 64 counts

Side, Touch, Bump & Bump, ¼ Side, Touch, Bump & Bump

1-2 Big step L to L side, Touch R next to L
&3&4 Bump hips R-L-R-L
5-6 Make ¼ turn L and big step R to R side, Touch L next to R (9h)
&7&8 Bump hips L-R-L-R

¼ Side, Touch, Bump & Bump, Kick & Kick & Kick & Touch

1-2 Make ¼ turn L and big step L to L side, Touch R next to L (6h)
&3&4 Bump hips R-L-R-L
5&6& Kick R forward, Step R next to L, Kick L forward, Step L next to R
7&8 Kick R forward, Step R next to L, Touch L next to R

Side, Touch, Bump & Bump, ¼ Side, Touch, Bump & Bump

1-2 Big step L to L side, Touch R next to L
&3&4 Bump hips R-L-R-L
5-6 Make ¼ turn L and big step R to R side, Touch L next to R (3h)
&7&8 Bump hips L-R-L-R

¼ Side, Touch, Bump & Bump, Kick & Kick & Kick & Touch

1-2 Make ¼ turn L and big step L to L side, Touch R next to L (12h)

&3&4 Bump hips R-L-R-L
5&6& Kick R forward, Step R next to L, Kick L forward, Step L next to R
7&8 Kick R forward, Step R next to L, Touch L next to R

Walk Back, Back, Back, Together, Walk Forward, Walk, Walk, Out-Out

1-2-3-4 Walk back L-R-L, Step R next to L
5-6-7 Walk forward L-R-L
&8 Step R out to R side, Step L out to L side

Kick & Touch, Kick & Touch, Jazz Box

1&2 Kick R forward, Step R slightly forward, Touch L to L side
3&4 Kick L forward, Step L slightly forward, Touch R to R side
5-6 Cross R over L, Step L back
7-8 Step R to R side, Step L forward

¼ Turn, Touch, Shuffle Side, ¼ Turn, Touch, Shuffle Side

1-2 ¼ turn L stepping R to R side, Touch L next to R (9h)
3&4 Step L to L side, Step R next to L Step L to L side
5-6 ¼ turn L stepping R to R side, Touch L next to R (6h)
7&8 Step L to L side, Step R next to L Step L to L side

Cross, Hold, ¼ Turn, Hold, ¼ Turn, Hold, Hold, Hold

1-2 Cross R over L, Hold
3-4 ¼ turn R stepping L back, Hold (9h)
5-6-7-8 ¼ turn R stepping R to R side, Hold, Hold, Hold (12h)

Tag : 32 counts

Leg Shaking, Hitch, Leg Shaking, Hitch

1&2&3&4 (feet apart) Shake/wiggle legs in place, Hitch R knee (on count 4)
5&6&7&8 Return R to place and shake/wiggle legs, Hitch L Knee (on count 8)

Leg Shaking, Hitch, Leg Shaking, Bump, Bump

1&2&3&4 Return L to place and shake/wiggle legs, Hitch R knee (on count 4)
5&6& Return R to place and shake/wiggle legs
7-8 Bump hips L, Bump R (weight on R)

Step Back, Touch, Kick & Touch, Step Back, Touch, Kick & Touch

1-2 Step L back, Touch R to R side
3&4 Kick R forward, Step R forward, Touch L to L side
5-6 Step L back, Touch R to R side
7&8 Kick R forward, Step R forward, Touch L to L side

Cross, Touch, Cross, Touch, Back, Touch, Back, Touch

1-2-3-4 Cross L over R, Touch R to R side, Cross R over L, Touch L to L side
5-6-7-8 Step L back, Touch R to R side, Step R back, Touch L to L side

Start again and Don't Forget That You're Sexy !
