

Sexy And I Know It

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Wendy Loh (MY) - February 2012
音樂: Sexy and I Know It - LMFAO



Dance starts after the first 32 counts

Section 1 : Cross Point, Step, Turn, Body Roll, Side Mambo, Out , Out

1 2 Cross touch L toe over RF, Step LF to L side
3 4 Turn ¼ L & Step RF to R side & Push bump back slightly, Bend knee & Roll body up
&5&6 Ball step RF beside LF, Rock LF in place, Recover on RF, Step LF beside RF
7 8 Turn ¼ R & Step RF forward, Step LF to L side

Section 2 : Sway Hips, Step Touch, Step Touch

1-4 Push hips out towards R, L, R, L
(Styling : Cross arms in front of chest (1), Arms open out to side (2) & repeat)
5-8 Step RF back, Touch LF beside RF, Step LF forward, Touch RF beside LF
(Styling : Lift arms straight up (5), Both arms down at side (6) & repeat)

Section 3 : Toe switches, Body Movement – Open Arms & Wrap Arms around body

1 2 Step RF in place & touch LF beside RF, Step LF in place & touch RF beside LF
(Styling : Switch arms like dumb bell exercise)
3 4 Repeat above
5-8 Step RF back, Touch LF in place, Step LF in place, Touch RF beside LF
(Styling : Wrap arms around body (5), Open both arms out to side (6) & repeat)

Section 4 : Step, Touch, Step Touch, Sway Hips

1-4 Step RF to R side, Touch LF to L side, Step LF in place, Touch RF to R
(Styling : LH on hip, show off your R bicep & switch side)
5-8 Step RF in place & sway hips R, L, R, L
(Styling : swing R hand out to R side & L hand at midriff (5), switch to the other side (6) & repeat)

Section 5 : Body movement

1 2 Both feet in place with knees slightly bent, bounce shoulders out to R side, bounce shoulders out to L side
3 4 Bounce R shoulder out to R side twice
5 6 Bounce L shoulder out to L side, Bounce R shoulder out to R side
7 8 Bounce L shoulder out to L side twice

Section 6 : Toe Switches with knee pop

1-2 Step RF in place & Touch L toe beside RF (1), step LF in place & Touch R toe beside LF (2)
5-8 Repeat above & slowly making a ½ turn R facing the back wall
(Styling : Shoulder pop with each steps as we turn)

Section 7 : Side Rock, Side Chasse Side Rock , Side Chasse

1,2 Rock RF to R side, Recover on LF
3&4 Step RF to R side, Step LF beside RF, Step RF to R side
5,6 Rock LF to L side, Recover on RF
7&8 Step LF to L side, Step RF beside LF, Step LF to L side

Section 8 : Out, Out, Clap, Sway body

1 2 Step RF to R side & lift R arm above head, Step LF to L side & lift L arm above head
3 4 Jump & close both legs together & clap hands above head, Sway to R

5-8 Sway body L, R, L, R with hands slowly move down to hip

After 4th Wall (12:00), Do Tag (4x8)

&1 Step on ball of RF (&), Step LF to L at the same time doing hip circle anti-clockwise (1)

&2&3&4 Repeat above

5-8 Both feet in place, push hip out to left (5), back (6), right (7) & forward (8) (12:00)

&1 Turn ¼ R & Step on ball of RF (&), Step LF to L at the same time doing hip circle anti-clockwise (1)

&2&3&4 Repeat above

5-8 Both feet in place & push hip out to left (5), back (6), right (7) & forward (8) (3:00)

1-8 Repeat above steps (6:00)

1-8 Repeat above steps (9:00)

After Tag (at Wall 9:00) : Omit ¼ L Turn at count 3 :

Section 1A :

12 Cross touch L toe over RF, Step LF to L side (9:00)

3 4 RF in place & Push bump back slightly, Bend knee & Roll body up (9:00)

&5&6 Ball Step RF beside LF, Rock LF in place, Recover on RF, Step LF beside RF (9:00)

7 8 Turn ¼ R & Step RF forward, Step LF to L side (12:00)

Continue with the rest of the dance

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