

Sexy Lady

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Craig Bennett (UK) - October 2013
音樂: Sexy Lady - Jessie J : (Album: Alive - Deluxe Edition - 3:14)



[1-8] Rock recover, Walk, Walk, Rock recover, Shuffle forward

1, 2 Rock forward on to right, Recover back onto left
3, 4 Walk back right, Walk back left
5, 6 Rock back on to right, Recover forward onto left
7&8 Step right forward, Step left next to right, Step forward onto right

[9-16] Cross point, Cross side, Bump, Bump, Bump, Turn

1, 2 Cross left over right, point right to right side
3, 4 Cross right over left, Step left to left side
5, 6 Bump hips to the left, Bump hips to the right
7, 8 Bump hips to the left, Bump hips right as you make 1/4 turn left (weight back on right)(9:00)

[17-24] Step lock, Left shuffle, Rock forward recover, Rock back recover

1, 2 Step forward onto left, Lock right behind left
3&4 Step forward onto left, Step right next to left, Step forward onto left
5, 6 Rock forward onto right, Recover back onto left
7, 8 Rock back onto right, Recover forward onto left

[25-32] Step 1/2 turn, Step 1/4 turn, Rock forward recover, Rock back recover

1, 2 Step forward onto right, Make a 1/2 turn pivot left
3, 4 Step forward onto right, Make a 1/4 turn pivot left (12:00)
5, 6 Rock forward onto right, Recover back onto left
7, 8 Rock back onto right, Recover forward onto left

[33-40] Cross side, Sailor step, Kick and side, Kick and side

1, 2 Cross right over left, Step left to left side
3&4 Step right behind left, Step left to left side, Step right to right side
5&6 Kick left over right, Step left next to right, Step right to right side
7&8 Kick left over right, Step left next to right, Step right to right side

[41-48] Cross side, Sailor step, Kick and side, Kick and side

1, 2 Cross left over right, Step right to right side
3&4 Step left behind right, Step right to right side, Step left to left side
5&6 Kick right over left, Step right next to left, Step left to left side
7&8 Kick right over left, Step right next to left, Step left to left side

[49-56] Jazz box 1/4 turn, Rock recover, Behind side, Cross shuffle

1, 2 Cross right over left, Step back onto left making 1/4 turn right
3, 4 Rock right to right side, Recover back to left
5, 6 Step right behind left, Step left to left side
7&8 Cross right over left, Step left to left side, Cross right over left

[57-64] Side rock, Sailor 1/2 turn, Mambo forward, Coaster step

1, 2 Rock left to left side, Recover to right side
3&4 Step back onto left making 1/4 turn left, Step right to right side making 1/4 turn left, step forward onto left
5&6 Rock forward onto right, Recover back onto left, Step back onto right

7&8

Step back onto left, Step right next to left, Step forward onto left

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