

30 Sexy

拍數: 120
編舞者: Amy Ooi (MY) - May 2014
音樂: 30 Sexy - RAIN

牆數: 2

級數: Phrased Intermediate



Sequence : Intro ABAB a(4x8) B Aa

INTRO (3x8)

- 12 Step RF forward, Step LF forward,
34 Touch RF forward & do hip bump to R twice
56 Step RF in place, Pivot 1/2L weight on LF
78 Step RF forward, Step LF to side (6:00)
- 12 Step RF together & Touch LF beside RF, Step LF in place & Touch RF beside LF
34 Step R heel in place twice & Touch LF beside RF
56 Step RF in place, Pivot 1/2L weight on LF
78 Step RF forward, Step LF to side (12:00)
- 1&2 Heel swivels to R side twice
3&4 Heel swivels to L side twice
56 Step RF in place, Step LF in place
78 Step RF together & Touch LF beside RF, Step LF in place & Touch RF beside LF (12:00)

PART A (8x8)

Section A1 : Kick Ball Change, Step Touch, Right Sailor, 1/4L Sailor Step

- 1&2 Turn 1/4L & Kick RF forward, Turn 1/4R & Step RF beside LF, Touch LF to side (12:00)
34 Cross LF over RF, Touch RF to side
5&6 Step RF behind LF, Step LF beside RF, Step RF to side
7&8 Turn ¼ L & Step LF behind RF, Step RF beside LF, Step LF forward (9:00)

Section A2 : Walk Walk, Forward R Mambo, Toe Switches, Clap Hands

- 12 Step RF forward, Step LF forward
3&4 Rock RF forward, Recover on LF, Step RF beside LF
5&6& Touch LF to side, Step LF beside RF, Touch RF to side, Step RF beside LF
7&8 Touch LF to side, Hold & Clap hands twice (&8) (9:00)

Section A3 : Ball Change, 1/4L Walk, Hold, Lock, 1/2L Pivot, Toe & Heel Switches, Forward Shuffle

- &1,2 Step LF beside RF, Turn 1/4L & Step RF forward, Hold (6:00)
&3,4 Step Lock LF behind RF, Step RF forward, Pivot 1/2L weight on RF (12:00)
&5 Step LF in place, Touch RF behind LF,
&6 Step RF in place, Touch L heel forward
&7&8 Step LF in place, Step RF forward, Lock LF behind RF, Step RF forward

Section A4 : Kick Ball Change, Knee Pop R then L, Step, Cross, Side, Hold, Jump, Jump

- 1&2 Kick LF forward, Step LF beside R, Step RF to side
34 Pop R knee in, Pop L knee in
&5 Step LF in place, Cross RF over LF
6,7 Step LF to side, Hold
&8 Jump with both legs crossed (RF cross in front), Jump with both legs apart (12:00)

Section A5 : Kick Ball Touch 2x, 1/4R Full Turn, Forward Shuffle

- 1&2 Kick RF forward, Step RF beside LF, Touch LF behind RF
3&4 Kick LF forward, Step LF beside RF, Touch RF behind LF (12:00)

56 Turn 1/4R & Step RF forward, Turn 1/2R & Step LF back (9:00)
7&8 Turn 1/2R & Step RF forward, Lock LF behind RF, Step RF forward (3:00)

Section A6 : 1/4R Star Step – 2X, Back Coaster, Walk, Forward Rock, Recover, Back, Twist

1&2 Turn 1/4R & Point LF to side, Hitch L knee, Turn 1/4R & Touch LF to side (9:00)
3&4 Step LF back, Step RF together, Step LF forward,
5&6 Step RF forward, Rock LF forward, Recover on RF
7&8 Step LF back, Swivel both heels to R and return

Section A7 : 1/4L Sailor Step, Walk Walk, Step, 1/2R Ronde, Step, Flick

1&2 Turn 1/4L & Step RF Back, Step LF together, Step RF forward (6:00)
34 Step LF forward, Step RF forward
56 Step LF forward, Turn 1/2R & Ronde RF from front to back (12:00)
78 Step RF back, Step LF forward & Flick RF back

Section A8 : Walk Walk, Side Rock, Cross, 1/2L Cross Shuffle, Touch & Hitch – 2X

12 Step RF forward, Step LF forward
3&4 Rock RF to side, Recover on LF, Cross RF over LF
5&6 Turn 1/2L & Cross LF over RF, Step RF behind LF, Cross LF over LF (6:00)
7&8& Touch RF to side, Hitch R knee, Touch RF to side, Hitch R knee

PART B (4x8)

Section B1 : Step, Together, Step, Touch, Step Together, Hip Roll

1234 Step RF to side, Step LF together, Step RF to side, Touch LF beside RF
5678 Step LF to side, Step RF together, Roll hip anti-clockwise (7,8) (6:00)

Section B2 : Ball Step, Step Step, Hip Roll, 1/2R Touch & Drag, Jump twice

&12 Step RF to side (&), Step LF to side & Roll hip clockwise (1,2)
34 Roll hip clockwise
567 Turn 1/2R weight on RF & Touch LF to side (5), Drag LF towards RF (6,7) (12:00)
&8 Jump with both legs crossed (RF in front), Jump with both feet apart again

Section B3 : Repeat Section B1 (12:00)

Section B4 : Repeat Section B2 (6:00)

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