

# 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 1/4 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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