## Sexy And I Know It

Count: 128
Wall: 1
Level: Phrased Intermediate
Choreographer: Nathan Gardiner (SCO) - December 2016
Music: Sexy and I Know It - LMFAO


Intro: 32 counts - Sequence: A, B, C, D, A, B, C, D, TAG, D, B, D
Part A - 32 counts
A1: Side R, Touch, Chasse L, Behind Side Cross, Side Rock, Recover
1-2 Step $R$ to $R$ side, Touch $L$ next to $R$
$3 \& 4 \quad$ Step $L$ to $L$ side, Step $R$ next to $L$, Step $L$ to $L$ side
5\&6 Step R behind L, Step L to L side, Cross R over L
7-8 Rock out to $L$ side, Recover on $R$
A2: Behind, Kick Ball Cross, Side Rock, Recover Behind, Side Mambo Touch
1 Step $L$ behind $R$
2\&3 Kick $R$ to $R$ diagonal, Step $R$ next to $L$, Cross $L$ over $R$
4-5 Rock out to $R$ side, Recover on $L$
$6 \quad$ Step R behind L
7\&8 Rock out to $L$ side, Recover on R, Touch L next to $R$
A3: L Lock, L Lock Step, Jazz Box
1-2 Step forward on $L$, Lock $R$ behind $L$
3\&4 Step forward on L, Lock R behind L, Step forward on L
5-6 Cross R over L, Step back on L
7-8 $\quad$ Step $R$ to $R$ side, Step forward on $L$
A4: Rock Forward, Recover, Shuffle $1 / 2$ R, Walk R \& L, Shuffle (Turning $1 / 2$ R)
1-2 Rock forward on R, Recover on $L$
3\&4 $\quad 1 / 4 R$ stepping $R$ to $R$ side, Step $L$ next to $R, 1 / 4 R$ stepping forward on $R$
5-6 $\quad 1 / 8 R$ stepping forward on $L, 1 / 8 R$ stepping forward on $R$
7\&8 $\quad 1 / 8 R$ stepping forward on $L$, Step $R$ next to $L, 1 / 8 R$ stepping forward on $L$
Part B-32 counts
B1: Side R, Hold, Behind Side Cross, Side R, Hold, Rock Back, Recover
1-2 $\quad$ Step $R$ to $R$ side, Hold
3\&4 Step L behind R, Step $R$ to $R$ side, Cross L over $R$
5-6 Step R to R side, Hold
7-8 Rock back on L, Recover on R
B2: Side L, Hold, Behind Side Cross, Side L, Hold, Rock Back, Recover
1-2 Step $L$ to $L$ side, Hold
3\&4 Step R behind L, Step L to L side, Cross R over L
5-6 Step L to L side, Hold
7-8 Rock back on R, Recover on L
B3: Step Forward, Hold, Run L, R, L, Step forward, Hold, Rock Forward, Recover
1-2 Step forward on R, Hold
3\&4 Run forward stepping L, R, L (Small Steps)
5-6 Step forward on R, Hold
7-8 Rock forward on L, Recover on R
B4: Step Back, Hold, Run R, L, R, Step Back, Hold, Rock Back, Recover

Step back on L, Hold

## Part C-32 counts

C1: Walk Forward R, L, R, Kick, $1 / 4$ L, $1 / 2$ L, $1 / 4$ L, Scuff

1-2 Step forward on R, Step forward on $L$
3-4 Step forward on R, Kick $L$ across $R$
5-6 $\quad 1 / 4 L$ stepping forward on $L, 1 / 2 L$ stepping back on $R$
7-8 $\quad 1 / 4 L$ stepping $L$ to $L$ side, Scuff $R$ across $L$

## C2: Jazz Box $1 / 4$ R Cross, Step R, Touch Across, Step R, Touch Behind

1-2 Cross $R$ over $L, 1 / 4 R$ stepping back on $L$
3-4 Step $R$ to $R$ side, Cross $L$ over $R$
5-6 Step $R$ to $R$ side, Touch $L$ across $R$
7-8 Step $L$ to $L$ side, Touch $R$ behind $L$

## C3: Weave R, Weave $1 / 4 \mathrm{~L}$

1-2 $\quad$ Step $R$ to $R$ side, Step $L$ behind $R$
3-4 Step $R$ to $R$ side, Touch $L$ next to $R$
5-6 $\quad$ Step $L$ to $L$ side, Step $R$ behind $L$
7-8 $\quad 1 / 4 L$ stepping forward on $L$, Step forward on $R$

| C4: Pivot $1 / 2 L$, Step Forward, Full Turn $R, 1 / 2 R$, In, In, Body Roll |  |
| :--- | :--- |
| $1-2$ | Pivot $1 / 2 L$, Step forward on $R$ |
| $3-4$ | $1 / 2 R$ stepping back on $L, 1 / 2 R$ stepping forward on $R$ |
| $8 \& 6$ $1 / 2 R$ stepping $L$ to $L$ side, Step $R$ to $R$ side, Step $L$ in, Step $R$ next to $L$ <br> $7-8$ Body roll bottom to top for 2 counts |  |

Part D-32 counts
D1: C Hip Bumps R \& L
1\&2 Touch $R$ slightly forward bumping $R$ hip up, Bump $R$ hip back to centre, Bump $R$ hip down
\& $3 \& 4 \quad$ Bump R hip to centre, Bump R hip up, Bump R hip back to centre, Bump R hip down (Taking weight on $R$ )
5\&6 Touch $L$ slightly forward bumping $L$ hip up, Bump $L$ hip to centre, Bump $L$ hip down
\&7\&8 Bump L hip to centre, Bump L hip up, Bump L hip to centre, Bump L hip down (Taking weight on L)

## D2: Rock Forward, Recover, Shuffle $1 / 2$ R \& L

1-2 Rock forward on R, Recover on L
3\&4 $\quad 1 / 4 R$ stepping $R$ to $R$ side, Step $L$ next to $R, 1 / 4 R$ stepping forward on $R$
5-6 Rock forward on L, Recover on R
$7 \& 8 \quad 1 / 4 L$ stepping $L$ to $L$ side, Step $R$ next to $L, 1 / 4 L$ stepping forward on $L$

## D3: Dip, Touch, Dip, Touch, Sway Hips R, L, R, L

1-2 $\quad$ Step $R$ to $R$ side dipping down, Touch $L$ to $L$ diagonal
3-4 Step $L$ to $L$ side dipping down, Touch $R$ to $R$ diagonal
5-6 $\quad$ Step $R$ to $R$ side swaying hips to $R$ side, Sway hips to $L$ side
7-8 $\quad$ Sway hips to $R$ side, Sway hips to $L$ side

## D4: Sailor Step R \& L, Out Out, Hip Roll

1\&2 Step $R$ behind $L$, Step $L$ to $L$ side, Step $R$ to $R$ side
3\&4 Step $L$ behind $R$, Step $R$ to $R$ side, Step $L$ to $L$ side
5-6 Step $R$ to $R$ side, Step $L$ to $L$ side

Tag: 32 counts (See Sequence)
TS1: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, Small Jump
1\&2\&3 Shake/shimmy body for 3 counts
\&4 Small jump forward stepping $R$ to $R$ side, Step $L$ to $L$ side
5\&6\&7 Shake/shimmy body for 3 counts
\&8 Small jump forward stepping $R$ to $R$ side, Step $L$ to $L$ side
TS2: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, 2X Small Jump
1\&2\&3 Shake/shimmy body for 3 counts
\&4 Small jump forward stepping $R$ to $R$ side, Step $L$ to $L$ side
5\&6 Shimmy shoulders for 2 counts
\&7 Small jump forward stepping $R$ to $R$ side, Step $L$ to $L$ side
\&8 Small jump forward stepping $R$ to $R$ side, Step $L$ to $L$ side
TS3: Sway R, L, R, L, Behind Side Cross, Side Rock, Recover
1-2 Step $R$ to $R$ side swaying hips to $R$ side, Sway hips to $L$ side
3-4 $\quad$ Sway hips to $R$ side, Sway hips to $L$ side
5\&6 Step R behind L, Step L to L side, Cross R over L
7-8 Rock out to L side, Recover on $R$

TS4: Sway L, R, L, R, Behind Side Cross, Side Rock, Recover
1-2 $\quad$ Step $L$ to $L$ side swaying hips to $L$ side, Sway hips to $R$ side
3-4 $\quad$ Sway hips to $L$ side, Sway hips to $R$ side
5\&6 Step $L$ behind $R$, Step $R$ to $R$ side, Cross $L$ over $R$
7-8 Rock out to $R$ side, Recover on $L$
Optional Ending: After you dance part $D$ for last time place hands on hips and bump $R$ hip forward
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