I'm Sexy



拍数: 96 墙数: 1 级数: Phrased Improver

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音乐: Sexy and I Know It - LMFAO



Introduction: 32 counts - Sequence: A-B-A-A-B-A-tag-A-B

Section A - 32 counts

Cross, Side, Behind-Side-Cross, Step 1/4 Turn, Shuffle Forward

1-2 Cross L over R, Step R to R side

3&4 Cross L behind, Step R to R side, Cross L over R
5-6 Step R to R side, pivot ¼ turn L onto L forward (9h)
7&8 Step R forward, Step L next to R, Step R forward

Step, Step, ½ Turn, Step, Step ½ Turn, Step ¼ Turn

1-2 Step L forward, Step R forward

3-4 Pivot ½ turn L onto L forward, Step R forward (3h) 5-6 Step L forward, Pivot ½ R onto R forward (9h)

7-8 Step L forward, Pivot ¼ turn R (weight stays on L) (12h)

Out-Out, Hold, Touch-Side, Cross & Heel & Cross, Side

&1-2-3 Jump forward R-L (feet apart), Hold, Hold &4 Touch R toe next to L, Step R to R side

5&6 Cross L over R, Step R to R side, Touch L heel to L diagonal

&7-8 Step L next to R, Cross R over L, Step L to L side

Touch Back, ½ Turn, Shuffle Forward, Step ½ Turn, Side, Hold

1-2 Touch R toe back, ½ turn R onto R (6h)

3&4 Step L forward, Step R next to L, Step L forward
5-6 Step R forward, Pivot ½ turn L onto L forward (12h)

7-8 Step R out to R side, Hold

Section B - 64 counts

Side, Touch, Bump & Bump, 1/4 Side, Touch, Bump & Bump

1-2 Big step L to L side, Touch R next to L

&3&4 Bump hips R-L-R-L

5-6 Make ¼ turn L and big step R to R side, Touch L next to R (9h)

&7&8 Bump hips L-R-L-R

1/4 Side, Touch, Bump & Bump, Kick & Kick & Kick & Touch

1-2 Make ¼ turn L and big step L to L side, Touch R next to L (6h)

&3&4 Bump hips R-L-R-L

5&6& Kick R forward, Step R next to L, Kick L forward, Step L next to R

7&8 Kick R forward, Step R next to L, Touch L next to R

Side, Touch, Bump & Bump, 1/4 Side, Touch, Bump & Bump

1-2 Big step L to L side, Touch R next to L

&3&4 Bump hips R-L-R-L

5-6 Make ¼ turn L and big step R to R side, Touch L next to R (3h)

&7&8 Bump hips L-R-L-R

1/4 Side, Touch, Bump & Bump, Kick & Kick & Kick & Touch

1-2 Make ¼ turn L and big step L to L side, Touch R next to L (12h)

&3&4 Bump hips R-L-R-L

5&6& Kick R forward, Step R next to L, Kick L forward, Step L next to R

7&8 Kick R forward, Step R next to L, Touch L next to R

Walk Back, Back, Back, Together, Walk Forward, Walk, Walk, Out-Out

1-2-3-4 Walk back L-R-L, Step R next to L

5-6-7 Walk forward L-R-L

&8 Step R out to R side, Step L out to L side

Kick & Touch, Kick & Touch, Jazz Box

1&2	Kick R forward, Step R slightly forward, Touch L to L side
3&4	Kick L forward, Step L slightly forward, Touch R to R side

5-6 Cross R over L, Step L back7-8 Step R to R side, Step L forward

1/4 Turn, Touch, Shuffle Side, 1/4 Turn, Touch, Shuffle Side

1-2 ¼ turn L stepping R to R side, Touch L next to R (9h)
3&4 Step L to L side, Step R next to L Step L to L side
5-6 ¼ turn L stepping R to R side, Touch L next to R (6h)
7&8 Step L to L side, Step R next to L Step L to L side

Cross, Hold, ¼ Turn, Hold, ¼ Turn, Hold, Hold, Hold

1-2 Cross R over L, Hold

3-4 ½ turn R stepping L back, Hold (9h)

5-6-7-8 ½ turn R stepping R to R side, Hold, Hold, Hold (12h)

Tag: 32 counts

Leg Shaking, Hitch, Leg Shaking, Hitch

1&2&3&4 (feet apart) Shake/wiggle legs in place, Hitch R knee (on count 4) 5&6&7&8 Return R to place and shake/wiggle legs, Hitch L Knee (on count 8)

Leg Shaking, Hitch, Leg Shaking, Bump, Bump

1&2&3&4 Return L to place and shake/wiggle legs, Hitch R knee (on count 4)

5&6& Return R to place and shake/wiggle legs 7-8 Bump hips L, Bump R (weight on R)

Step Back, Touch, Kick & Touch, Step Back, Touch, Kick & Touch

1-2 Step L back, Touch R to R side

3&4 Kick R forward, Step R forward, Touch L to L side

5-6 Step L back, Touch R to R side

7&8 Kick R forward, Step R forward, Touch L to L side

Cross, Touch, Cross, Touch, Back, Touch, Back, Touch

1-2-3-4 Cross L over R, Touch R to R side, Cross R over L, Touch L to L side

5-6-7-8 Step L back, Touch R to R side, Step R back, Touch L to L side

Start again and Don't Forget That You're Sexy!