

# Sexy And I Know It

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Wendy Loh (MY) - February 2012  
音乐: Sexy and I Know It - LMFAO



Dance starts after the first 32 counts

## Section 1 : Cross Point, Step, Turn, Body Roll, Side Mambo, Out , Out

- 12              Cross touch L toe over RF, Step LF to L side
- 3 4              Turn ¼ L & Step RF to R side & Push bump back slightly, Bend knee & Roll body up
- &5&6              Ball step RF beside LF, Rock LF in place, Recover on RF, Step LF beside RF
- 7 8              Turn ¼ R & Step RF forward, Step LF to L side

## Section 2 : Sway Hips, Step Touch, Step Touch

- 1-4              Push hips out towards R, L, R, L
- (Styling : Cross arms in front of chest (1), Arms open out to side (2) & repeat)
- 5-8              Step RF back, Touch LF beside RF, Step LF forward, Touch RF beside LF
- (Styling : Lift arms straight up (5), Both arms down at side (6) & repeat)

## Section 3 : Toe switches, Body Movement – Open Arms & Wrap Arms around body

- 1 2              Step RF in place & touch LF beside RF, Step LF in place & touch RF beside LF
- (Styling : Switch arms like dumb bell exercise)
- 3 4              Repeat above
- 5-8              Step RF back, Touch LF in place, Step LF in place, Touch RF beside LF
- (Styling : Wrap arms around body (5), Open both arms out to side (6) & repeat)

## Section 4 : Step, Touch, Step Touch, Sway Hips

- 1-4              Step RF to R side, Touch LF to L side, Step LF in place, Touch RF to R
- (Styling : LH on hip, show off your R bicep & switch side)
- 5-8              Step RF in place & sway hips R, L, R, L
- (Styling : swing R hand out to R side & L hand at midriff (5), switch to the other side (6) & repeat)

## Section 5 : Body movement

- 1 2              Both feet in place with knees slightly bent, bounce shoulders out to R side, bounce shoulders out to L side
- 3 4              Bounce R shoulder out to R side twice
- 5 6              Bounce L shoulder out to L side, Bounce R shoulder out to R side
- 7 8              Bounce L shoulder out to L side twice

## Section 6 : Toe Switches with knee pop

- 1-2              Step RF in place & Touch L toe beside RF (1), step LF in place & Touch R toe beside LF (2)
- 5-8              Repeat above & slowly making a ½ turn R facing the back wall
- (Styling : Shoulder pop with each steps as we turn)

## Section 7 : Side Rock, Side Chasse Side Rock , Side Chasse

- 1,2              Rock RF to R side, Recover on LF
- 3&4              Step RF to R side, Step LF beside RF, Step RF to R side
- 5,6              Rock LF to L side, Recover on RF
- 7&8              Step LF to L side, Step RF beside LF, Step LF to L side

## Section 8 : Out, Out, Clap, Sway body

- 1 2              Step RF to R side & lift R arm above head, Step LF to L side & lift L arm above head
- 3 4              Jump & close both legs together & clap hands above head, Sway to R

5-8 Sway body L, R, L, R with hands slowly move down to hip

**After 4th Wall (12:00), Do Tag (4x8)**

&1 Step on ball of RF (&), Step LF to L at the same time doing hip circle anti-clockwise (1)

&2&3&4 Repeat above

5-8 Both feet in place, push hip out to left (5), back (6), right (7) & forward (8) (12:00)

&1 Turn ¼ R & Step on ball of RF (&), Step LF to L at the same time doing hip circle anti-clockwise (1)

&2&3&4 Repeat above

5-8 Both feet in place & push hip out to left (5), back (6), right (7) & forward (8) (3:00)

1-8 Repeat above steps (6:00)

1-8 Repeat above steps (9:00)

**After Tag (at Wall 9:00) : Omit ¼ L Turn at count 3 :**

**Section 1A :**

12 Cross touch L toe over RF, Step LF to L side (9:00)

3 4 RF in place & Push bump back slightly, Bend knee & Roll body up (9:00)

&5&6 Ball Step RF beside LF, Rock LF in place, Recover on RF, Step LF beside RF (9:00)

7 8 Turn ¼ R & Step RF forward, Step LF to L side (12:00)

**Continue with the rest of the dance**

**Contact: [kickickwendy@yahoo.com](mailto:kickickwendy@yahoo.com)**

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