Sexy and Smooth

拍數: 32

級數: Improver

編舞者: Henry Costa (USA) - December 2016

音樂: Move - Luke Bryan

KICK STEP, KICK, STEP, KICK, STEP KICK, OUT, OUT, ¼ CCW HIP TURN

- 1&2& Kick forward Right, slightly forward Right, Kick forward Left, slightly step forward Left
- 3&4 Kick forward Right, slightly forward Right, Kick forward Left

牆數: 2

- &5 Slightly step out Left, step out Right
- 6,7,8 Sway right hip to right, sway back counter clock wise to left, 1/4 turn left placing weight on left

KICK, KICK, TRIPLE STEP ½ TURN RIGHT, KICK , KICK, TRIPLE STEP ½ TURN LEFT

- 1-2 Kick right, Kick Right
- 3&4 ¹/₂ Turn right; Side Right, Left Next to Right, step forward Right
- 5-6 Kick Left, Kick Left
- 7&8 1/2 turn Left: Side left, right next to left, step forward Left

CROSS, BACK, SIDE, CROSS, SIDE, RECOVER, CROSS, SIDE, CROSS

- 1-2 Cross right in front of Left, back Left,
- 3-4 Side Right, cross Left in front of Right
- 5-6 Side Right, Recover Left
- 7&8 Cross Right in front of Left, side Left, Cross Right in front of Left

1/4 LEFT, RECOVER BACK ON LEFT, LEFT COASTER STEP, (R KICK-BALL-CHANGE)x2

- 1-2 ¹⁄₄ turn left, recover weight on Right
- 3&4 step back Left, Right next to Left, forward Left
- 5&6 Right kick forward, Right step, ball change left (weight on Left)
- 7&8 Right kick forward, Right step, ball change left (weight on Left)

BEGIN AGAIN



