

Sexy Lady Easy

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Easy Beginner
編舞者: Shanthie De Mel (AUS) - March 2024
音樂: Sexy Lady - John West & Lange Frans



Begin: 32 Count musical Intro. Start on vocals.

(1-8) PRISSY WALK. HOLD.

- 1, 2 Cross R over L with both hands on hips & shoulders to right diagonal. Hold.
- 3, 4 Cross L over R with both hands on hips & shoulders to left diagonal. Hold.
- 5, 6 Cross R over L with both hands on hips & shoulders to right diagonal. Hold.
- 7, 8 Cross L over R with both hands on hips & shoulders to left diagonal. Hold. (12:00)

(9-16) SHIMMY RIGHT & LEFT. TOUCH. HOLD.

- 1, 2 Step R to right shimmying shoulders.
- 3, 4 Touch L to R. Hold.
- 5, 6 Step L to left shimmying shoulders.
- 7, 8 Touch R to L. Hold. (12:00)

(17-24) STEP BACK WITH HIP BUMP. TOUCH. HOLD.

- 1, 2 Step R back diagonally to right bumping right hip twice. Right hand on hip.
- 3, 4 Touch L to R. Hold.
- 5, 6 Step L back diagonally to left bumping left hip twice. Left hand on hip.
- 7, 8 Touch R to L. Hold. (12:00)

(25-32) MAMBO BACK. PADDLE RIGHT.

- 1, 2 Rock R back. Recover L.
- 3, 4 Step R together. Hold.
- 5, 6 Step L forward. Turn 1/4 right on R. (3:00)
- 7, 8 Step L forward. Turn 1/4 right keeping weight on L. (6:00)

Smile! Dance with attitude! Have fun!
