# Miracles (....You Sexy Thing)

**牆數:**0

級數:

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**音樂:** You Sexy Thing - T-Shirt

## LEFT HEEL RAISE WITH LEFT ARM RAISE, RIGHT HEEL RAISE WITH RIGHT ARM RAISE; TWICE

- 1-2 Raise left heel with left knee bent and raise left forearm towards chest with clenched fist (as if lifting weights), as you drop left heel and left arm raise right heel with right knee bent and raise right forearm towards chest with clenched fist (as if lifting weights)
  2.4
- 3-4 Repeat beats 1-2

拍數: 40

### PADDLE 2 AND SLAP THIGH, TWICE

5-6 Rock forward right foot, turning ¼ left recover left foot and slap right thigh with right hand7-8 Repeat beats 5-6

# TOUCH RIGHT FOOT WITH HEEL RAISED AND RIGHT ARM RAISED, LEFT HEEL RAISE WITH LEFT ARM RAISE; TWICE

- 9-10 Touch right foot alongside left foot with right heel raised bending right knee and raise right forearm towards chest with clenched fist (as if lifting weights), as you drop right heel and right arm raise left heel bending left knee and raise left forearm towards chest with clenched fist (as if lifting weights)
- 11-12 Repeat beats 9-10

# PADDLE 2 AND SLAP THIGH, TWICE

13-14Rock forward left foot, turning ¼ right recover right foot and slap left thigh with left hand15-16Repeat beats 5-6

#### HEEL, TOUCH, POINT BACK, TOUCH (WITH ARM MOVEMENTS)

17-20 Touch left heel forward pushing arms straight out in front at chest height and palms facing away, touch left foot to right foot and arms dropping to sides, point left foot back with arms back at same angle as leg and palms facing away, touch left foot to right foot with arms dropping to sides

#### HITCH, KNEE SWEEP / STEP, 2 SHOULDER SHRUGS

- 21-22 Hitch left knee, sweep knee up and around to the left / left foot steps large step to left side leaning body left with right leg straight
- 23-24 Raise and drop left shoulder twice

#### HEEL, TOUCH, POINT BACK, TOUCH (WITH ARM MOVEMENTS)

25-28 As you straighten up touch right heel forward pushing arms straight out in front at chest height and palms facing away, touch right foot to left foot and arms dropping to sides, point right foot back with arms back at same angle as leg and palms facing away, touch right foot to left foot with arms dropping to sides

#### HITCH, KNEE SWEEP / STEP, 2 SHOULDER SHRUGS

- 29-30& Hitch right knee, sweep knee up and around to the right / right foot steps large step to right side leaning body right with left leg straight
- 31-32 Raise and drop right shoulder twice

#### LEFT ROLL 3, TOUCH & CLAP

33-36 Pushing off the right leg step left foot to left turning ¼ left, step right foot forward turning ½ left, step left foot back turning ¼ left, touch right foot to left foot and clap hands





# **RIGHT ROLL 3, TOUCH & CLAP**

37-40 Step right foot to right turning ¼ right, step left foot forward turning ½ right, step right foot back turning ¼ right, touch left foot to right foot and clap hands

#### REPEAT

#### TAG

At the end of sequence 2, and also the end of sequences 4, 7 and 8DIAGONAL TOUCH / ROCK STEP THREE TIMES, JUMP WITH FEET APART, TURNING ¼ RIGHT JUMPWITH FEET TOGETHER AND CLAPThe next 6 beats travel diagonally forward and right41&42Touch left toe to right foot / rock left foot back, recover right foot diagonal forward and right43&44-45&46Repeat beats 41&42; twice47-48Jump onto both feet landing with feet apart, turning ¼ right jump landing with feet together<br/>and clap hands

#### Then continue from the beginning.