

Sexercise

拍數: 32 牆數: 4 級數: Improver
編舞者: Jan Brookfield (UK) - February 2011
音樂: Sexy Eyes - Dr. Hook



Hip Sway, Chasse Right, Hip Sway, Chasse Left

1-2 Step R To Side, Sway Hips Right And Left, Weight Ends On Left
3&4 Shuffle Sideways To Right On R,l,r
5-6 Step L To Side, Sway Hips Left And Right, Weight Ends On Right
7&8 Shuffle Sideways To Left On L,r,l

Rock Step, Toe Struts Forward, Pivot Half Turn Left

9-10 Rock Back Onto R, Step Forward Onto L
11-14 Step Forward On R Toes Then Heel, Step Forward On L Toes Then Heel
15-16 Step Forward On R, Pivot Half Turn To Left, Weight Ends On L

Half Turn Shuffle Left, Rock Back, Three Quarter Shuffle Right, Rock Back

17&18 Making Half Turn To Left, Shuffle On R,l,r
19-20 Rock Back Onto L, Step Forward Onto R
21&22 Making A Three Quarter Turn To Right, Shuffle On L,r,l
23-24 Rock Back Onto R, Step Forward Onto L

Toe Points To Side, Cross Steps With Optional Clicks

25-26 Point R Toes To Right Side, Step R Across In Front Of L
27-28 Point L Toes To Left Side, Step L Across In Front Of R
(option : Open Arms On Point Steps, Cross Arms And Click Fingers On Cross Steps)

Mambos Forward & Back

29&30 Step R Forward, Rock Back Onto L, Step R Next To L
31&32 Rock Back On L, Step Forward Onto R, Step L Next To R

Start Again & Have Fun!
