

SEXY BACK AKA MARMITE

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Count: 64

Wall: 2

Level: Intermediate/Advanced level

Choreographer: Shaz Walton & Ben Martin (Aug 06)

Music: Sexy Back by Justin Timberlake available on single (Bpm 118)

Count in: 32 counts on vocals. Knee Rolls x2. Hold & step. Dig. Step back (moonwalk). ¼ left. Pop shoulders x2

- 1-2** Roll right knee clockwise. Roll left knee anti clockwise.
- 3&4** Hold. Step right beside left. Step left to left side.
- 5-6** Dig right toes forward as you lunge over right knee. Step a large step back on left. (sliding left back)
- 7&8** Pivot ¼ turn left. Pop right shoulder. Pop left shoulder.

& Kick. Cross step. Slow unwind ¾ right. Out. Out. Bounce x3

- &1-2** Step right beside left. Kick left across right (low kick) step left over right.
- 3-4** Unwind ¾ turn right over 2 counts (weight ends on left)
- &5** Step right to right side. Step left to left side.
- 6-7-8** Bounce heels x3

Step. Kick. Hitch turn, kick. Funky chugs x4

- 1-2** Step forward right. Kick left forward (this is a smooth kick)
- 3-4 hitch left as you make ½ turn left on ball of right foot. Kick left forward.**
- 5** Step forward left as left hip goes back & right knee comes in behind left
- 6** Step back right as right hip goes back & left knee pops forward.
- 7** Step forward left as left hip goes back & right knee comes in behind left
- 8** Step back right as right hip goes back & left knee pops forward.

Step. scuff. ¼ hitch. Step. Sit. ¼ step. Full spin left. Squat.

- 1-2** Step forward left. Scuff right forward.
- 3-&4** Hitch right knee as you make ¼ turn left. Step right to right side. Sit over right hip.
- 5** Step left ¼ turn left.
- 6-7-8** Make a full turn left on ball of left foot (6-7) squat with feet apart (optional hands on knees)

Shoulder push. Long shoulder push. Left shoulder pop. Rock. Recover. Touch back.

- 1** With feet still apart push right shoulder to right side.
- 2-3-4** With feet still apart push left shoulder to left over 3 counts as you gradually become standing.
- &5** Pop left shoulder back & right forward (&) recover & return to centre (5) (optional look left & return to centre)
- 6-7-8** Rock forward left. Recover on right. Touch left foot back.

½ turn left. Brush. Raise (thriller style!) step. Rock. Big step Drag heel. Sailor step.

- 1** Make ½ turn left. (Weight on left)
- 2-3-4** Brush right forward. Slowly raise right knee into a hitch & step right forward.
- 5-6** Rock forward diagonally left. Recover on right as you step a large step back dragging left heel to right.
- 7&8** Cross left behind right. Step right to right, step left to left.

Rock. Recover. ¼ turn. Extended weave. Touch.

- 1-2** Rock forward right. Recover on left.
- 3-4-5** Make ¼ turn right as you step right to right side. Cross step left over right. Step right to right side.
- 6-7-8** Cross step left behind right. Step right to right side. Touch left beside right.

Big step. Heel drag. Hitch. Round hitch ¼ turn. Step. Hold. Lean swivet.

- 1-2** Take big step to left (push hips out) as you drag right heel towards left.
- 3-4-5** Hitch right. Keeping right knee hitched make ¼ turn right on ball of left. Step right to right side. (optional styling:- as you hitch place right hand on right knee as keep it there as though you are guiding knee around)
- 6** Hold
- 7-8** Lean to left on ball of left foot as left heel swivels out. (Push left shoulder forward & right back) Recover to centre as left heel swivels back to centre. (Recover shoulders) (Make sure weight is equally placed with feet slightly apart ready to start dance again)