

# Sexercise

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**Count:** 32      **Wall:** 4      **Level:** Beginner / Intermediate

**Choreographer:** Jan Brookfield (UK)

**Music:** Sexy Eyes by Dr. Hook ( 104 bpm)

## 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!**