

# Sexy And I Know It

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**Count:** 128      **Wall:** 1      **Level:** Phrased Intermediate

**Choreographer:** Nathan Gardiner (Scotland) Dec 2016

**Music:** Sexy And I Know It by LMFAO

**Intro: 32 counts - Sequence: A, B, C, D, A, B, C, D, TAG, D, B, D**

**Part A - 32 counts**

**A1: Side R, Touch, Chasse L, Behind Side Cross, Side Rock, Recover**

- 1-2      Step R to R side, Touch L next to R
- 3&4      Step L to L side, Step R next to L, Step L to L side
- 5&6      Step R behind L, Step L to L side, Cross R over L
- 7-8      Rock out to L side, Recover on R

**A2: Behind, Kick Ball Cross, Side Rock, Recover Behind, Side Mambo Touch**

- 1      Step L behind R
- 2&3      Kick R to R diagonal, Step R next to L, Cross L over R
- 4-5      Rock out to R side, Recover on L
- 6      Step R behind L
- 7&8      Rock out to L side, Recover on R, Touch L next to R

**A3: L Lock, L Lock Step, Jazz Box**

- 1-2      Step forward on L, Lock R behind L
- 3&4      Step forward on L, Lock R behind L, Step forward on L
- 5-6      Cross R over L, Step back on L
- 7-8      Step R to R side, Step forward on L

**A4: Rock Forward, Recover, Shuffle  $\frac{1}{2}$  R, Walk R & L, Shuffle (Turning  $\frac{1}{2}$  R)**

- 1-2      Rock forward on R, Recover on L
- 3&4  $\frac{1}{4}$  R stepping R to R side, Step L next to R,  $\frac{1}{4}$  R stepping forward on R**
- 5-6  $\frac{1}{8}$  R stepping forward on L,  $\frac{1}{8}$  R stepping forward on R**

## **7&8 1/8 R stepping forward on L, Step R next to L, 1/8 R stepping forward on L**

### **Part B - 32 counts**

#### **B1: Side R, Hold, Behind Side Cross, Side R, Hold, Rock Back, Recover**

- 1-2 Step R to R side, Hold
- 3&4 Step L behind R, Step R to R side, Cross L over R
- 5-6 Step R to R side, Hold
- 7-8 Rock back on L, Recover on R

#### **B2: Side L, Hold, Behind Side Cross, Side L, Hold, Rock Back, Recover**

- 1-2 Step L to L side, Hold
- 3&4 Step R behind L, Step L to L side, Cross R over L
- 5-6 Step L to L side, Hold
- 7-8 Rock back on R, Recover on L

#### **B3: Step Forward, Hold, Run L, R, L, Step forward, Hold, Rock Forward, Recover**

- 1-2 Step forward on R, Hold
- 3&4 Run forward stepping L, R, L (Small Steps)
- 5-6 Step forward on R, Hold
- 7-8 Rock forward on L, Recover on R

#### **B4: Step Back, Hold, Run R, L, R, Step Back, Hold, Rock Back, Recover**

- 1-2 Step back on L, Hold
- 3&4 Run back stepping R, L, R (Small Steps)
- 5-6 Step back on L, Hold
- 7-8 Rock back on R, Recover on L

### **Part C - 32 counts**

#### **C1: Walk Forward R, L, R, Kick, ¼ L, ½ L, ¼ L, Scuff**

- 1-2 Step forward on R, Step forward on L
- 3-4 Step forward on R, Kick L across R

**5-6¼ L stepping forward on L, ½ L stepping back on R**

## **7-8<sup>1</sup>/<sub>4</sub> L stepping L to L side, Scuff R across L**

### **C2: Jazz Box <sup>1</sup>/<sub>4</sub> R Cross, Step R, Touch Across, Step R, Touch Behind**

- 1-2 Cross R over L, <sup>1</sup>/<sub>4</sub> R stepping back on L
- 3-4 Step R to R side, Cross L over R
- 5-6 Step R to R side, Touch L across R
- 7-8 Step L to L side, Touch R behind L

### **C3: Weave R, Weave <sup>1</sup>/<sub>4</sub> L**

- 1-2 Step R to R side, Step L behind R
- 3-4 Step R to R side, Touch L next to R
- 5-6 Step L to L side, Step R behind L

## **7-8<sup>1</sup>/<sub>4</sub> L stepping forward on L, Step forward on R**

### **C4: Pivot <sup>1</sup>/<sub>2</sub> L, Step Forward, Full Turn R, <sup>1</sup>/<sub>2</sub> R, In, In, Body Roll**

- 1-2 Pivot <sup>1</sup>/<sub>2</sub> L, Step forward on R

## **3-4<sup>1</sup>/<sub>2</sub> R stepping back on L, <sup>1</sup>/<sub>2</sub> R stepping forward on R**

## **&5&6<sup>1</sup>/<sub>2</sub> R stepping L to L side, Step R to R side, Step L in, Step R next to L**

- 7-8 Body roll bottom to top for 2 counts

## **Part D - 32 counts**

### **D1: C Hip Bumps R & L**

- 1&2 Touch R slightly forward bumping R hip up, Bump R hip back to centre, Bump R hip down
- &3&4 Bump R hip to centre, Bump R hip up, Bump R hip back to centre, Bump R hip down (Taking weight on R)
- 5&6 Touch L slightly forward bumping L hip up, Bump L hip to centre, Bump L hip down
- &7&8 Bump L hip to centre, Bump L hip up, Bump L hip to centre, Bump L hip down (Taking weight on L)

### **D2: Rock Forward, Recover, Shuffle <sup>1</sup>/<sub>2</sub> R & L**

- 1-2 Rock forward on R, Recover on L

## **3&4<sup>1</sup>/<sub>4</sub> R stepping R to R side, Step L next to R, <sup>1</sup>/<sub>4</sub> R stepping forward on R**

5-6 Rock forward on L, Recover on R

**7&8¼ L stepping L to L side, Step R next to L, ¼ L stepping forward on L**

**D3: Dip, Touch, Dip, Touch, Sway Hips R, L, R, L**

1-2 Step R to R side dipping down, Touch L to L diagonal  
3-4 Step L to L side dipping down, Touch R to R diagonal  
5-6 Step R to R side swaying hips to R side, Sway hips to L side  
7-8 Sway hips to R side, Sway hips to L side

**D4: Sailor Step R & L, Out Out, Hip Roll**

1&2 Step R behind L, Step L to L side, Step R to R side  
3&4 Step L behind R, Step R to R side, Step L to L side  
5-6 Step R to R side, Step L to L side  
7-8 Roll hips anticlockwise for 2 counts

**Tag: 32 counts (See Sequence)**

**TS1: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, Small Jump**

1&2&3 Shake/shimmy body for 3 counts  
&4 Small jump forward stepping R to R side, Step L to L side  
5&6&7 Shake/shimmy body for 3 counts  
&8 Small jump forward stepping R to R side, Step L to L side

**TS2: Shake/Shimmy Body, Small Jump, Shake/Shimmy Body, 2X Small Jump**

1&2&3 Shake/shimmy body for 3 counts  
&4 Small jump forward stepping R to R side, Step L to L side  
5&6 Shimmy shoulders for 2 counts  
&7 Small jump forward stepping R to R side, Step L to L side  
&8 Small jump forward stepping R to R side, Step L to L side

**TS3: Sway R, L, R, L, Behind Side Cross, Side Rock, Recover**

1-2 Step R to R side swaying hips to R side, Sway hips to L side  
3-4 Sway hips to R side, Sway hips to L side  
5&6 Step R behind L, Step L to L side, Cross R over L

**7-8** Rock out to L side, Recover on R

**TS4: Sway L, R, L, R, Behind Side Cross, Side Rock, Recover**

**1-2** Step L to L side swaying hips to L side, Sway hips to R side

**3-4** Sway hips to L side, Sway hips to R side

**5&6** Step L behind R, Step R to R side, Cross L over R

**7-8** Rock out to R side, Recover on L

**Optional Ending: After you dance part D for last time place hands on hips and bump R hip forward**

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