Sexy Back (aka Marmite)

Count: 64 **Wall:** 2 **Level:** Intermediate/Advanced
Choreographer: Shaz Walton (UK) & Ben Martin (UK) - August 2006
Music: SexyBack - Justin Timberlake : (available on single)

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)
