

School Dance Styles

Ecole de Danse

SEXY MONA LISA

Count: 32 Wall: 4 Level: Beginner

Choreographer: Niels Poulsen (DK) - March 2023

Music: Acapulco - Jason Derulo : (iTunes)

Intro: 32 counts from very first beat in music. App. 18 secs. into track.

Start with weight on L foot

NOTE: NO TAGS – NO RESTARTS!!!

[1 – 8] R Charleston, walk RL, Rock R fwd

1-4 Step R fwd (1), kick L fwd (2), step L back (3), point R back (4) 12:00

5-6 Walk R fwd (5), walk L fwd (6) 12:00

7-8 Rock R fwd (7), recover back on L (8) 12:00

[9 – 16] Jump back out RL X 2, clap hands, hip bumps RLR, hip bumps LRL

&1-2 Jump back and out on R (&), jump out L (1), clap hands (2) 12:00

&3-4 Jump back and out on R (&), jump out L (3), clap hands (4) 12:00

5&6 Bump hips to R (5), bump hips to L (&),
bump hips to R ending with weight on R (6) 12:00

7&8 Bump hips to L (7), bump hips to R (&),
bump hips to L ending with weight on L (8) 12:00

[17 – 24] R side rock, behind side cross, L side rock, behind side cross

1-2 Rock R to R side (1), recover on L (2) 12:00

3&4 Cross R behind L (3), step L to L side (&), cross R over L (4) 12:00

5-6 Rock L to L side (5), recover on R (6) 12:00

7&8 Cross L behind R (7), step R to R side (&), cross L over R (8) 12:00

[25 – 32] R side rock, ¼ L, R shuffle fwd, L rock step fwd, back on L, touch R next to L

1-2 Rock R to R side (1), recover on L but turning ¼ L (2) 9:00

3&4 Step R fwd (3), step L behind R (&), step R fwd (4) 9:00

5-6 Rock L fwd (5), recover back on R (6) 9:00

7-8 Step back on L (7), touch R next to L (8) 9:00

Ending Wall 7 is your last wall (starts facing 3:00). End dance with your L hip bumps turning ¼ L - 12:00

Cathy MERIOT - Chorégraphe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.schooldancestyles.fr