

Sexy Ole Lady

Choreographed by: June Shuman 4/2010

Description: 4 wall Beginner Line Dance

Music: Sexy Ole Lady by Pat Garrett or other 32 count phrased slow polka or west coast swing music

Count In: 16 counts from start of track. Begin on vocals.

Step sheet slightly revised by Rose Haven, and based on choreographers original step sheet.

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Triple Forward, Triple Forward, Jazz Box Turning 1/2 Right

1&2 Step right forward (1), together with left (&), step right forward (2)

3&4 Step left forward (3), together with right (&), step left forward (4)

5-8 Cross right over left (5), step left back into 1/4 right (6),
step right forward into 1/4 right (7), step left together (8).

Triple Forward, Triple Forward, Jazz Box Turning 1/2 Right

1-8 Repeat above 8 counts

Forward Wiggle Walks With Attitude

1&2 Touch right forward and bump hips right twice (1&2), putting weight on right on count 2.

3&4 Touch left forward and bump hips left twice (3&4), putting weight on left on count 4.

5&6 Touch right forward and bump hips right twice (5&6), putting weight on right on count 6.

7&8 Touch left forward and bump hips left twice (7&8), putting weight on left on count 8
(optional hands: as you bump your hips 1&2 put left hand behind head and right hand on waist, change to right hand behind head and left hand on waist on 3&4, repeat for 5-8.)

Two 1/8 pivot turns left with hip rolls or bumps, Charleston

1-2 Touch right slightly forward (1) turn 1/8 to left as you roll your hips counter clockwise
(or bump them right on count 1, left on count 2 - end with weight to left).

3-4 Repeat previous 1-2. (1/8 turn with hip rolls or bumps.)
(optional hands on waist as you hip roll)

5-8 Touch right forward (5), step back on right (6), touch left back (7), step forward on left (8).
(use optional Charleston swing action with feet and arms.)

Begin again.

Ending: You will be facing the 3 o'clock wall, do the first 20 counts, music ends while you are doing the right then left wiggle walks. Please look at your audience while doing them and really accent that last hip bump to the left and be sexy and smile!