

# Sexy beaches

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Type of dance: ABC dance. A: 32 counts/nightclub. B: 16 counts/rumba. C: 32 counts/funky.  
 Level: Advanced  
 Music: **Sexy beaches** by Pitbull feat. Chloe Angelides. Track length: 3.58 mins. Buy on iTunes etc  
 Intro: Start after 8 counts (app. 8 secs into track). NOTE that your count-in should be slow. Start with weight on L.  
 2 restarts: 1<sup>st</sup>) During 3<sup>rd</sup> A, after 8 counts, facing 12:00. 2<sup>nd</sup>) During 5<sup>th</sup> C, after 16 counts, facing 12:00. See detailed restart description at bottom of page  
 Sequence: ABCC, ABCC, A\*, ABC\*C.

## A – 32 counts/Nightclub/1 wall (The A part always starts facing 12:00)

Counts	Footwork	End facing
<b>1 – 9</b>	<b>Side R, back rock, fwd L &amp; full spiral, run run rock, back sweeps X 3, ¼ R sways, ¼ L</b>	
1 – 2&	Step R to R side (1), rock back on L (2), recover fwd onto R (&)	12:00
3	Step L fwd turning a full spiral turn R on L (3)	12:00
4&5	Run R fwd (4), run L fwd (&), rock R fwd (5)	12:00
6&7	Recover L back sweeping R (6), step R back sweeping L (&), step L back sweeping R (7)	12:00
8&8&1	Turn ¼ R stepping R to R side swaying body R (&), sway L (8), sway R (&), turn ¼ L onto L dragging R next to L (1) ... * restart: when doing your 3 <sup>rd</sup> A change counts 8&8&1 to: rock back on R (8), recover onto L (&). Remember: Don't turn the ¼ R but stay facing 12:00 when doing this rock step	12:00
<b>10 – 16</b>	<b>Weave, ¼ L, step turn turn, R arm up, R&amp;L arm down &amp; out, to chest, shoulders LR</b>	
2&3&	Cross R over L (2), step L to L side (&), cross R behind L (3), turn ¼ L stepping L fwd (&)	9:00
4&5 – 6	Step R fwd (4), turn ½ L onto L (&), turn ½ L on L stepping R to R side starting to reach R arm fwd with palm opened up (5), R arm ends stretched forwards and slightly up (6)	9:00
7&8	Bring R arm down alongside R leg with R hand fisted (7), do the same with L arm (&), bring both arms up to chest crossing R arm over L (8)	9:00
&a	Twist upper-body slightly L (&), twist upper-body slightly R (a) – <i>weight on R</i>	9:00
<b>17 – 24</b>	<b>Sweep R, cross ¼ R, R side rock, full turn with jump/kick, ¼ R, ¼ R, together, weave</b>	
1 – 2&3	Recover onto L sweeping R fwd (1), cross R over L (2), turn ¼ R stepping L back (&), rock R to R side (3)	12:00
4&5	Recover onto L (4), turn ¼ R stepping R fwd (&), turn ½ R stepping back on L kicking R leg up but continuing to turn ¼ R on L (5) <i>Styling for count 5: Jump slightly off R foot to show the lyrics 'jump into the deep end' ... ☺</i>	12:00
6&7	Turn ¼ R stepping R fwd (6), turn ¼ R stepping L to L side (&), step R next to L (7)	6:00
8&8	Cross L over R (&), step R to R side (8), close L behind R (&)	6:00
<b>25 – 32</b>	<b>R basic, side rock cross, ½ L, R arm up, R&amp;L arm down &amp; out, to chest, shoulders LR</b>	
1 – 2&	Step R a big step to R side (1), step L behind R (2), cross R over L (&)	6:00
3&4&	Rock L to L side (3), recover onto R (&), cross L over R (4), turn ¼ L stepping back on R (&)	3:00
5 – 6	Turn ¼ L stepping L to L side starting to reach R arm fwd with palm opened up (5), R arm ends stretched forwards and slightly up (6)	12:00
7&8	Bring R arm down alongside R leg with R hand fisted (7), do the same with L arm (&), bring both up to chest crossing R arm over L (8)	12:00
&a	Twist upper-body slightly L (&), twist upper-body slightly R (a) – <i>weight on R</i>	12:00

## B – 16 counts/Rumba/1 wall (The B part always starts facing 12:00 – NOTE: use them hips!)

<b>1 – 8</b>	<b>Sweep R diagonally L, R rocks, L side rock cross, ¼ L X 2, R rocks with body rolls</b>	
1 – 2&3	Recover onto L sweeping R fwd into L diagonal (1), rock R fwd (2), recover back on L (&), recover fwd to R (3)	10:30
4&5	Turn 1/8 R rocking L to L side (4), recover onto R (&), cross L over R (5)	12:00
6&	Turn ¼ L stepping back on R (6), turn ¼ L stepping L to L side (&)	6:00
7&8&	Cross rock R slightly over L (7), recover on L (&), recover fwd to R (8), recover back on L (&) ... <i>Styling: roll body from chest and down during your two rock steps ☺</i>	6:00

<b>9 – 16</b>	<b>Sweep L diagonally R, L rocks, R side rock cross, ¼ R X 2, L rocks with body rolls</b>	
1 – 2&3	Recover onto R sweeping L fwd into R diagonal (1), rock L fwd (2), recover back on R (&), recover fwd to L (3)	7:30
4&5	Turn 1/8 L rocking R to R side (4), recover onto L (&), cross R over L (5)	6:00
6&	Turn ¼ R stepping back on L (6), turn ¼ R stepping R to R side (&)	12:00
7&8	Cross rock L slightly over R (7), recover on R (&), recover fwd to L (8) ... <i>Styling: roll body from chest and down during your two rock steps ☺</i>	12:00

**C – 32 counts/Funky/2 walls** (The C part always starts facing 12:00 and always comes twice)

<b>1 – 8</b>	<b>Out RL, centre, fwd L, R swivel up, return, bounce side/back/side, fwd R &amp; open body</b>	
1&2&	Step R out to R (1), step L out to L (&), step R to centre (2), step L fwd (&)	12:00
3 – 4	Step R fwd swivelling both heels R and going up on ball of both feet at the same time (3), swivel heels back again recovering back on L (4)	12:00
5 – 8	Rock R to R side (5), recover on L rocking R back (6), recover on L rocking R to R side (7), recover onto L stepping R fwd (8) <i>Styling for count 8: open body to R side that way slightly crossing R over L when stepping R fwd AND look over R shoulder. - Note: During all 4 rocks try to bounce bending in both knees when taking your steps</i>	12:00
<b>9 – 16</b>	<b>Walk LRL fwd, together with R, walk LR back, ball back rock</b>	
1 – 2	Walk L fwd (1), walk R fwd (2) ... <i>Styling: bring both arms in front of body crossing R arm over L (1), bring arms out to both sides and snap fingers (2)</i>	12:00
3 – 4	Step L fwd (3), step R next to L (4) ... <i>Styling: push arms and hands fwd and up to face level/palms open towards face (3), flip hands around so that both palms are facing fwd/fingers pointing up (4)</i>	12:00
5 – 6	Walk back L (5), walk back R (6) ... <i>Styling: drop arms down on count 5</i>	12:00
&7 – 8	Step L a small step back (&), rock back on R (7), recover fwd to L (8) ... * <i>Restart: when doing your 5<sup>th</sup> C the music changes, then restart here, after 16 counts, facing 12:00</i>	12:00
<b>17 – 24</b>	<b>Step R fwd &amp; Hand claps, push L to L side with drag, chug ¾ L</b>	
1&2	Step R fwd slapping thigh with R hand and placing L hand over R thigh with palm facing down (1), slap L hand's palm with back of R hand (&), slap R thigh with R hand again (2)	12:00
3 – 4	Drop arms stepping L a big step to L side and pushing R hand/arm to R side (3), drag R towards L (4)	12:00
5 – 8	Drop R arm starting to turn ¾ L rocking R to R side (5), continue turning and finish the ¾ turn over the next 3 counts ending with the weight on L (8)	3:00
<b>25 – 32</b>	<b>Heel grind ¼ R, L side rock, cross shuffle, vine R with big step R, slide together</b>	
1 – 2&	Touch R heel fwd (1), grind ¼ R on R rocking L to L side (2), recover onto R (&)	6:00
3&4	Cross L over R (3), step R a small step to R side (&), cross L over R (4)	6:00
5 – 6	Step R to R side (5), cross L behind R (6) ... <i>Styling: touch L shoulder with R hand and R shoulder with L hand (5), touch L shoulder with L hand and R shoulder with R hand (6)</i>	6:00
7 – 8	Step R a big step to R side (7), step L next to R (8) ... <i>Styling: push hands/arms down (7), push hands/arms out to sides (8) ... then drop arms again ☺</i>	6:00
<b>START AGAIN!</b>		
<b>Ending</b>	<i>When doing your last C do up to count 31 (you're facing 6:00). Rather than stepping L to R you touch L behind R (count 32), then unwind ½ L to face 12:00 stepping L to L side ☺</i>	12:00