

Healing

32 Count, 4 Wall, Improver

Choreographer: Michael Thompson (USA) Dec 2010

Choreographed to: Sexual Healing by Marvin Gaye

(96 bpm) CD: Midnight Love & The Sexual Healing

Sessions / The Very Best Of

Start: 16 counts into music after the beat kicks in (start right after the "WOOO")

STEP FORWARD, SWEEP ¼ LEFT, CROSSING TRIPLE, SWAY 4X

- 1-2 Step left forward, sweep the right while turning ¼ left,
- 3&4 Cross the right over left, step left to side, cross the right over left
- 5-8 Step left to side and sway hips left, right, left, right

SAILOR LEFT AND RIGHT, POINT FORWARD 2X, TOUCH SIDE, TURN ¼ LEFT

- 1&2 Cross left behind right, step right to side, recover back to left,
- 3&4 Cross right behind left, step left to side, recover back to right
- 5&6 Touch left toe forward, step left together, touch right toe forward,
- &7-8 Step right together, touch left toe to left, turn ¼ left, keeping weight right back

TRIPLE FORWARD, KICK, STEP BACK, BUMP FORWARD, BACK, FORWARD, BACK

- 1&2 Step left forward, cross right behind left, step left forward,
- 3-4 Kick right forward, step right back
- 5-8 Bump hips forward, back, forward, back

STEP, 3 MILITARY TURNS, STEP

- 1 Step left forward
 - 2-7 Step right forward, turn ¼ left (repeat 3x)
 - 8 Step right forward
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