

# Sprung

**Count:** 32

**Wand:** 4

**Ebene:** Improver

**Choreograf/in:** Phillip Pulliam (USA)

**Musik:** Me Against the Music (feat. Madonna) - Britney Spears



- 
- 1-4 Touch right toe to right, bring back to left, step right foot to right, and slide left toe behind  
5-8 Repeat counts 1-4 to the left
- 1&3 Ball change back starting with your right foot  
3-4 Touch left heel forward, bring it back  
5-8 Touch right toe forward, to the right, behind, and do a half turn over the right shoulder
- 1-4 Stroll forward right, left, right, left  
5-6 With heels raised and weight on the balls of your feet roll both knees to the right, hold  
7-8 Roll knees back to left, hold
- 1-4 Drop twist body to the right, come back to standing position, drop twist body to the left, come back to standing position  
5-8 Slide back on right foot, stomp left beside, step forward on right, slide left beside right and do a ¼ turn over the left shoulder

**REPEAT**

---