

音乐: My Love - Justin Timberlake



## ARM MOVEMENT, SLIDE, TOGETHER, ROCK FORWARD, 1/4 TURN LEFT, HOLD

| 1 | Hold right arr | n in front of cl | hest and push | arm forward |
|---|----------------|------------------|---------------|-------------|
|   |                |                  |               |             |

2 Repeat count 13 Slide left foot to left

4 Close right foot next to left foot

5 Rock forward on right foot, while doing this put right shoulder up

Recover on left foot, while doing this turn ¼ over left and put left foot shoulder up

7 Close right foot next to left foot

8 Hold

## STEP BACK DIAGONAL AND ARM MOVEMENTS, HOLD, STEP FORWARD, OUT, OUT, LOOK RIGHT, HOLD

| 1 Right foot step diagonal back wards, while doing this put both arms above your hea | 1 | Right foot step diag | onal back wards | . while doing this | put both arms above | vour head |
|--|---|----------------------|-----------------|--------------------|---------------------|-----------|
|--|---|----------------------|-----------------|--------------------|---------------------|-----------|

Lower both arms a little bitLift arms up above your head

3 Left foot step diagonal backwards, while doing this bring arms hips height

4 Hold

Right foot step forward
Left foot step forward
Right foot step out to right

7 Left foot step out to left while doing this look to right side

8 Hold

## JUMPS TO LEFT, ROCK TO SIDE, TURN 1/4 RIGHT, SAILOR STEP, HOLD

1 Jump on both feet to left

2 Repeat count, jump on both to left

Right foot rock to right, while doing this put right elbow out to right
Recover weight on left foot, while doing this turn ½ over right

5 Right foot step back

& Left foot step next to right foot

Right foot step forwardLeft foot step forward

8 Hold

## BOUNCE FORWARD, HOLD, HEEL MOVEMENTS, TURN 1/4 LEFT, SLIDE TO LEFT

& Recover weight on left foot
2 Put weight on right foot
3 Left foot step forward

4 Hold

5 Flick right heel backwards right knee and touch it with left hand

& Flick right heel up and touch with right hand

Turn ¼ over left, while doing this flick right heel in front of left knee and touch it with left hand

7 Slide right foot to right

8 Touch left foot next to right foot and start again and have fun