

Play

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Play - Jennifer Lopez



BODY ROLL, LUNGE WITH ELBOW PUSH

- 1-4 Execute a four count body roll moving to right, left, right, left, (lead with right shoulder to right, then left shoulder to left)
- 5&6 Lunge out to side on right leg, make a fist, pushing elbow out to follow the movement of the lunge (5), recover weight to left leg bringing arm in (&), repeat lunge and arm movement keeping weight over right leg (6)
- 7-8 Straightening up transfer weight to left leg, clap hands

¼ & ½ TURNS RIGHT, HEEL JACK, STEP-ROCK, STEP BACK, STEP, STOMP KICK

- 1-2 Step ¼ turn to right, turn ½ to right and step back on left foot
- 3&4 Step back on right foot, quickly step back on left, tap right heel forward
- &5-6 Quickly step right to beside left, rock forward on left, recover onto right
- &7-8 Quickly step back on left foot, stomp right slightly forward and kick forward

KICK-STEP-ROCK-STEP, KICK-STEP-ROCK-STEP, TURNING-JAZZ BOX, STEP, DRAG

- 1& Kick right forward, quickly step beside left
- 2& Rock onto left foot kicking right foot out at same time (left foot should be back slightly and body angled to right), recover onto right (facing forward)
- 3& Kick left forward, quickly step beside right
- 4& Rock onto right foot kicking left foot out at same time (right foot should be back slightly and body angled to left), recover onto left (stay angled)
- 5-6 Cross step right over left, step back on left foot
- 7-8 Turning ¼ to right, step right foot to side, drag left to beside right, (your weight should be taken onto the left foot)

For styling dancers can cross the "kicking foot" over the other when stepping down, (kick-cross-rock-step, kick-cross-rock-step,)

HEEL-TOUCHES, ½ MONTEREY TURN

- 1& Touch right heel forward, quickly step to beside left
- 2& Touch left heel forward, quickly step to beside right turning ¼ to right
- 3& Touch right heel forward, quickly step to beside left
- 4& Touch left heel forward, quickly step to beside right
- 5-6 Touch right toe out to side, bring foot in while turning ½ to right
- 7-8 Touch left toe out to side, step left beside right

REPEAT