

Play

拍数: 32 墙数: 2 级数: Intermediate/Advanced
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音乐: Play - Jennifer Lopez



KICK BALL CROSS, KICK BALL CROSS, KICK CROSS, TURN

- 1 Kick your right foot 30 degrees
- & Right foot behind left foot
- 2 Left foot cross right foot
- 3 Kick your right foot 30 degrees
- & Right foot behind left foot
- 4 Left foot cross right foot
- 5 Kick right foot 30 degrees
- 6 Hold
- 7 Cross right foot in front of left foot
- 8 Turn on right foot

KNEE UP, KNEE UP, PADDLE TURN

- 1 Bring your right knee up to the left site
- & Bring your right knee down to the right site and scuff
- 2 Right foot on the floor and turn your body 30 degrees to the right
- 3 Bring your left knee up to the right site
- & Bring your left knee down to the left site and scuff
- 4 Left foot on the floor and turn your body 30 degrees to the left
- 5 Paddle turn right foot a half to the left
- 6 Paddle turn right foot a half to the left
- 7 Paddle turn right foot a half to the left
- 8 Turn back a half to the right site and put your right foot behind your left foot

SIT UP, SIT UP, KNEE UP, KNEE UP, TURN HALF

- 1 Turn body 30 degrees to the left side and bent to your knees, weight on your right foot in sitting position
- 2 Move body up 30 degrees
- 3 Turn body 30 degrees to the left side and bent to your knees, weight on your right foot in sitting position
- 4 Move body up 30 degrees
- 5 Put your right knee up and stomp your left hand in front of your body
- 6 Put right foot on the floor in second position and stretch your arms wide
- 7 Put your left knee up and both arms are crossed in front of your body and turn a half to the left
- 8 Put your left foot next to right foot in second position and cross your arms in front of your body hips

STEP OUT, TURN, HOLD TURN BACK, WALK, WALK, JAZZ-JUMP

- 1 Step out with your right foot
- & Bring left foot while bending to your both knees
- 2 Step out with your left foot, while turning a half
- 3 Hold on the ball of your left foot
- 4 Slide your right foot next to left foot, while shoulder making around
- 5 Walk on right foot
- 6 Walk on left foot

- 7 Walk right foot
- & Scuff your left foot and make a jazz-jump
- 8 Bring your right next to left foot

REPEAT

RESTART

When starting the dance for the 3rd time, start over again after count 16

TAG

Before starting the 7th time,

- 1 Step out right feed en bring your hips to the right
 - 2 Hold
 - 3 Step out on your left feed and bring your hips to the left
 - 4 Hold
 - 5 Right foot in front
 - 6 Left foot in front next to right foot in second position
 - 7 Bring your right foot behind
 - 8 Left foot next to right foot in second position
 - 9-16 Repeat count 1-8 of the tag
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