

Play

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Cindi Talbot (CAN)
音乐: Play - Jennifer Lopez



POINT TOUCH POINT HITCH CROSS TWICE

1-2 Point right toe to right side, touch right heel across left
3&4 Point right toe to right side, hitch right knee, step right across left
5-6 Point left toe to left side, touch left heel across right
7&8 Point left toe to left side, hitch left knee, step left across right

STEP RIGHT, LEFT & CROSS & CROSS/ SIDE ROCK, SAILOR TURNING ¼

9-10 Step right to right, step left behind right
&11 Step right to right, cross left over right
&12 Step right to right, cross left behind right
13-14 Rock right out to right side, recover on left
15&16 Sailor step right-left-right making ¼ turn right

STEP HITCH, STEP HITCH, COASTER STEP/ ROCK STEP, SAILOR ½ TURN

17& Step back on left, hitch right knee, sliding slightly back on left foot
18& Step back on right, hitch left knee, sliding slightly back on right foot
19&20 Back coaster left-right-left
21&22 Rock forward on right, recover on left
23&24 Sailor right-left-right turning ½ right

FORWARD ROCK STEPS/ LEFT VINE WITH A TWIST

25&26 Rock forward on left, step in place on right, step left beside right
27&28 Rock forward on right, in place on left, step right beside left
29-30 Step left to left, step right behind right
31&32 Step left to left, twist heels left, twist heels right (weight stays on left foot)

REPEAT
