

Play It

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK)
音乐: Play - Jennifer Lopez



CROSS, FULL UNWIND, CHASSE, ROCK BACK, ½ TURN, ROCK BACK

1-2 Cross step left over right, unwind full turn right
3&4 Step left, step right next to left, step left
5&6 Rock back on right, step left in place, turn ½ left stepping right back
7-8 Rock back on left, rock forward on right

SIDE ROCK AND CROSS, SIDE ROCK AND CROSS, SYNCOPATED WEAVE, ROCK STEP

1&2 Rock left to left side, rock right in place, cross step left over right
3&4 Rock right to right side, rock left in place, cross step right over left
&5&6 Small step left to left side, cross right behind left, step left, cross right over left
7-8 Rock left to left side, rock right in place

SYNCOPATED WEAVE, SWEEP, TRIPLE ¾ TURN LEFT, MAMBO STEP

1&2 Cross step left over right, step right, cross left behind right
3-4 Sweep right round behind left, locking right behind left and popping left knee forward
5&6 Turn ¼ left stepping left forward, turn ½ left stepping right back, step back on left
7&8 Rock back on right, rock forward on left, step right next to left

MAMBO STEP, WALK RIGHT, LEFT, TURN ½ LEFT, TURN ½ RIGHT WITH KICK, SAILOR STEP

1&2 Rock back on left, rock forward on right, step forward on left,
3-4 Walk forward right, left
5 Turn ½ left stepping right back, (weights on right)
6 Pivot ½ right (weight transfer to left) and lift right foot up
7&8 Ronde right behind left, step left to left side, step right to right side

REPEAT
