

Play It!

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



TOE TAPS TO RIGHT WITH RIGHT FOOT

- 1&2& With weight on left foot, tap right toe to right side four times, moving a bit farther right with each tap and leaning upper body slightly to the left
3-4 Step right foot to right, slide left foot beside putting weight on left foot

POINT AND POINT AND POINT, ½ TURN

- 5&6 Point right toe to right side, return right home and point left toe to left side
&7-8 Return left home and point right toe to right side, swing right foot behind left turning ½ right putting weight on both feet

FOUR COUNT BODY ROLL

- 9-12 Two-count body roll down, 2 count body roll up

Option for body rolls:

- 9&10 Lift shoulders, right, left right
11&12 With knees bent and together, push legs left right left count

Weight should end on left

CAMEL WALKS, RIGHT, LEFT, RIGHT, LEFT

- 13-14 Step forward on right dragging left toe past right foot, step down on left foot dragging right toe past left foot
15-16 Repeat the above 2 counts

POINT AND POINT AND KICK, CROSS ½ TURN

- 17&18 Point right toe to right side, return home and point left toe to left side
&19&20 Return left foot home and kick right foot forward, cross right foot in front of left knee and ½ turn right

RIGHT STEP LOCK STEP, LEFT STEP LOCK STEP, SKATE RIGHT, SKATE LEFT

- 21&22 Step forward on right foot, lock left foot behind, step forward on right
23&24 Step forward on left foot, lock right foot behind, step forward on left foot
25-26 Step right foot to right side angling body to 1:00, step left foot to left side angling body to 11:00

CROSS STEP FLICK, CROSS STEP FLICK, SCUFF HITCH ¼ TURN LEFT

- 27&28 Cross right foot over left angling body to 11:00, step on left turning to face 1:00, push off with left foot to "flick" left foot back towards 8:00
29&30 Cross left over right body still facing 1:00, step on right angling body to 11:00, push off with right to "flick" right foot back towards 4:00
31-32 2 count body roll turning ¼ left
Option for body roll:
31&32 Turning to face front scuff right foot forward, hitch right knee turning ¼ turn left touch right home count

REPEAT