

# Sprung

拍数: 32      墙数: 4      级数: Improver  
编舞者: Phillip Pulliam (USA)  
音乐: Me Against the Music (feat. Madonna) - Britney Spears



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- 1-4      Touch right toe to right, bring back to left, step right foot to right, and slide left toe behind  
5-8      Repeat counts 1-4 to the left
- 1&3      Ball change back starting with your right foot  
3-4      Touch left heel forward, bring it back  
5-8      Touch right toe forward, to the right, behind, and do a half turn over the right shoulder
- 1-4      Stroll forward right, left, right, left  
5-6      With heels raised and weight on the balls of your feet roll both knees to the right, hold  
7-8      Roll knees back to left, hold
- 1-4      Drop twist body to the right, come back to standing position, drop twist body to the left, come back to standing position  
5-8      Slide back on right foot, stomp left beside, step forward on right, slide left beside right and do a ¼ turn over the left shoulder

**REPEAT**

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