

# C'mon

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Barbara Lowe (UK) - February 2008  
音乐: Send It On - Sean Paul : (CD: The Trinity)



Or Music: Damn Girl by Justin Timberlake

## R walk forward ,rock and cross ,L walk forward rock and cross

1-2            walk forward right left  
3&4           rock right to right side ,recover weight onto left ,cross right over left  
5-6            walk forward left right  
7&8            rock left to left side ,recover weight onto right ,cross left over right

## shuffle back right left ,traffic light 1/4 turn left

1&2            step back on right, close left next to right, step back on right  
3&4            step back on left ,close right next to left ,step back on left  
5&6            jump forward both feet together (red)jump forward both feet slightly apart (amber)  
7&8            jump forward both feet more apart (green)jump forward turning 1/4 left

## shuffle forward right left skate 4x 1/8

1&2            Step forward on right close left next to left, step forward right  
3&4            step forward on left ,close right next to left ,step forward on left  
5&6            skate 1/8 right on right foot,skate 1/8 on left foot  
7&8            skate 1/8 right on right foot,skate 1/8 on left foot

## shuffle forward right left 4 knee pops L,R,L,R

1&2            Step forward on right close left next to left, step forward right  
3&4            step forward on left ,close right next to left ,step forward on left  
5-6            pop left knee in to meet right knee, pop right knee forward  
7-8            pop left knee in to meet right knee, pop right knee forward

start again

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