Play With Yourself



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Arne Stakkestad (BEL) - January 2009

音乐: Play With Yourself - Indy Lee: (Cd: Show It to Me)



Intro: 16 counts BPM: 88

(1-8) Side mambo cross.	heel hounces	1/4 left Pocking	chair	tripple full turn left	
(1-0) Side mambo cross.	neel bounces	72 IEIL. KOCKING	cnair.	tribble iuli tum leit	

1&2 RF right side with hip right, recover on LF, RF cross step in front of LF

3&4 Heels up and down (start ½ left), up and down, up and down (end ½ left with weight on LF)

5&6& RF rock forward, recover on LF, RF rock back, recover on LF

7&8 ½ left and RF step back, ½ left and LF step forward, RF small step forward

(9-16) Vaudevilles, cross shuffle, touch and hip bumps

1&2 LF cross step in front of RF, RF diagonally right back, LHeel touch diagonally left forward &3&4 LF beside RF, RF cross step in front of LF, LF diagonally left back, RHeel touch diagonally

right forward

RF beside LF, LF cross step in front of RF, RF beside LF, LF cross step in front of RF &5&6 RF touch beside LF and bump hip right, hip left, hip right, hip left (keep weight on LF) 7&8&

(17-24) Chasse, ¼ left chasse, kick ball ½ left step, kick ball ½ left step

1&2 RF right side, LF beside RF, RF right side

3&4 1/4 left and LF left side, RF beside LF, LF left side (3h)

5&6 RF kick forward, RF weight on ball and ½ left, LF step forward (9h) 7&8 RF kick forward, RF weight on ball and ½ left, LF step forward (3h)

(25-32) Mambo step forward, mambostep back, step and bumps, step and bumps

RF rock forward, recover on LF, RF small step back 1&2 3&4 LF rock back, recover on RF, LF small step forward 5&6 RF step forward and bump hips to right, left, right 7&8 Lf step forward and bump hips left, right, left

Bridges

After the 4th wall(12h) and after the 7th wall(9h), add following 8 counts

Side touch, touch beside, cross step X 4

RF touch to right side, RF touch beside LF, RF cross step in front of LF 1&2 3&4 LF touch to left side, LF touch beside RF, LF cross step in front of RF 5&6 RF touch to right side, RF touch beside LF, RF cross step in front of LF 7&8 LF touch to left side, LF touch beside RF, LF cross step in front of RF

During the 6th wall after count 16& (hip right, hip left)(9h) the beat stops, add following 4 counts Hip bumps X 4

1&2& bump hip right, hip left, hip right, hip left

3&4& bump hip right, hip left, hip right, hip left (keep weight on LF)

So 4 extra hip bumps and continue with count 17 (chasse right)

Ending

To end at 12h, dance First 4 counts of the 10th wall (3h)

1&2 RF right side with hip right, recover on LF, RF cross step in front of LF

3&4 Heels up and down (start ¼ left), up and down, up and down (end ¼ left with weight on LF)

(12h)

