

Play On

COPPER KNOB
STYLISTS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Scott Schrank (USA) - May 2013
音樂: Play On - Carrie Underwood : (CD: Play On - iTunes)



Start: □□32-Count Intro

Phrasing: □2 Restarts: 32-32-16 Restart-32-32-32-16 Restart-32 to end

[1-8]□SIDE, BEHIND, BALL CROSS, POINT, SAILOR 1/2 CROSS, FULL SPIRAL TURN

- 1-2 Step right foot long to right (1), Slide left foot slightly behind right foot (2)
&3-4 Step down on ball of left (&), Cross step right foot over left (3), Point left toes left (4)
5&6 Step ball of left foot behind right (5), Make 1/4 turn left while stepping ball of right foot next to left (&), Make 1/4 turn left on ball of right foot crossing left foot over right (6) (6:00)
7-8 Keeping feet in the same position- make a full turn right on the balls of both feet (The right foot should be crossed over left) (7- 8) (6:00)

[9-16]□1/4 TURN PRESS, RECOVER, STEP-LOCK-STEP, STEP- PIVOT-CROSS, HOLD, BALL-CROSS

- 1-2 Make 1/4 turn right while pressing forward right foot (1), Recover weight back to left foot (2) (9:00)

(For styling: On 2, sit back on left and touch right toes in front and down)

- 3&4 Step forward on right foot (3), Lock left foot behind right (&), Step forward on right foot (4)
5&6 Step left foot forward (5), Pivot 1/4 turn right on balls of feet (&), Cross left foot over right foot (6)
7&8 Hold (7), Step ball of right foot right (&), Cross left foot over right (8) (12:00)

(On the hold count, keep the momentum going by slowly moving the ball of right foot right)

Restart happens here

[17-24]□SIDE-BALL-CROSS, SWEEP LEFT, 3/4 TURN, PIVOT 1/2 LEFT, STEP

- 1&2 Step right foot right (1), Step ball of left foot next to right (&), Cross right foot over left foot (2)
3-4 Sweep the left foot around and over the right foot (3-4) (Weight the left foot)
5&6 Make 1/4 turn left stepping back on right foot (5), Make 1/2 turn left on ball of right foot stepping forward on left foot (&), Step forward on right foot (6) (3:00)
7-8 Pivot 1/2 turn left on balls of both feet (7), Step forward on right foot (8) (Weight right foot) (9:00)

[25-32]□PIVOT-TURN-SIDE, ROCK RECOVER SIDE, SWAY, SWAY, TRIPLE STEP CROSS

- 1&2 Step left foot forward (1), Pivot 1/2 turn right (&), Step left foot left making 1/4 turn right (2) (6:00)
3&4 Rock right foot behind left (3), Recover weight to left (&), Step right foot right (4)
5-6 Sway hips over left foot (5), Sway hips over right foot (6), (Weight the right)
7&8 Make 3/4 turn left stepping in place L-R-L, (7&8) (Finish with left foot slightly crossing the right)

Start dance again, and enjoy

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