

拍數: 32 牆數: 4 級數: Improver 編舞者: Raymond Sarlemijn (NL) & José Miguel Belloque Vane (NL)

音樂: My Love - Justin Timberlake



## ARM MOVEMENT, SLIDE, TOGETHER, ROCK FORWARD, 1/4 TURN LEFT, HOLD

1 Hold right arm in front of chest and push a	າ arm forward
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2 Repeat count 13 Slide left foot to left

4 Close right foot next to left foot

5 Rock forward on right foot, while doing this put right shoulder up

Recover on left foot, while doing this turn ¼ over left and put left foot shoulder up

7 Close right foot next to left foot

8 Hold

## STEP BACK DIAGONAL AND ARM MOVEMENTS, HOLD, STEP FORWARD, OUT, OUT, LOOK RIGHT, HOLD

1	Right foot step of	diagonal back wards.	while doing this	put both arms above	our head

Lower both arms a little bitLift arms up above your head

3 Left foot step diagonal backwards, while doing this bring arms hips height

4 Hold

Right foot step forward
Left foot step forward
Right foot step out to right

7 Left foot step out to left while doing this look to right side

8 Hold

## JUMPS TO LEFT, ROCK TO SIDE, TURN 1/4 RIGHT, SAILOR STEP, HOLD

1	Jump	on	both	feet to	left

2 Repeat count, jump on both to left

Right foot rock to right, while doing this put right elbow out to right
Recover weight on left foot, while doing this turn ¼ over right

5 Right foot step back

& Left foot step next to right foot

Right foot step forwardLeft foot step forward

8 Hold

## BOUNCE FORWARD, HOLD, HEEL MOVEMENTS, TURN 1/4 LEFT, SLIDE TO LEFT

& Recover weight on left foot
2 Put weight on right foot
3 Left foot step forward

4 Hold

5 Flick right heel backwards right knee and touch it with left hand

& Flick right heel up and touch with right hand

Turn ¼ over left, while doing this flick right heel in front of left knee and touch it with left hand

7 Slide right foot to right

8 Touch left foot next to right foot and start again and have fun