Nono's Play

拍數: 32   牆數: 4   級數: Intermediate

編舞者: Kristin Leono

音樂: Play - Jennifer Lopez

SPIRAL, ROCK FORWARD AND BACK, ¼ TURN, KNEE ROLLS, FLICK

1	(Starting with weight on right foot) spiral turn left ending with left crossed in front of right shin)
2	Step forward left
3&	Rock forward right, weight shift back to left
4	Turn ¼ right, touch right toe to right side
5	Roll right knee and hip to right side
6	Roll right knee and hip to center
7	Roll right knee and hip to right side while tapping right toe
&	Roll right knee and hip slightly farther to right while tapping toe again
8	Turn ¼ right, hop onto right foot and flick left foot behind

SYNCOPATED KICKS AND SHOULDER ROLLS

1&	Kick left foot forward (leaning back slightly) and replace
2&	Kick right foot forward (leaning back slightly) and replace
3&4	Repeat 1&2
&	Bring feet together
5	Roll right shoulder back while bending knees slightly
6	Repeat with left shoulder, bending knees farther
7-8	Repeat 5-6, moving progressively downward

¼ TURN, STEP LEFT BACK, SHIFT WEIGHT RIGHT, SYNCOPATED ROCKS FORWARD AND BACK, STEP ¼ TURN

1	Turn ¼ left, sliding right and bring left foot in slightly (keep feet about shoulder width apart)
2	Look ¼ left
3	Step left foot back, rolling hips ¼ turn left
4	Shift weight to right
5&	Rock forward left, rock back onto right
6&	Rock back on left, rock forward on right
7-8	Step forward on left, step forward on right with ¼ to the left

SYNCOPATED SAILOR STEPS, ½ STEP TURN LEFT, WALKS WITH ATTITUDE

&1	Cross left behind right, step right to the right
&2	Step left to the left, cross right behind left
&3	Step left to the left, step right forward
4	Turn ½ to the left, keeping weight on the right foot
5-8	Walk 4 steps (with style!) Beginning with left foot

REPEAT

TAG
After 2nd wall
ROLL HIPS, STEP TURNS, PADDLE TURNS

1-2	Roll hips right, touch left toe front
3-4	Roll hips left, touch right toe front
5-8	Repeat 1-4
9-10	Step forward right, push turn left

| 11-12 | Repeat 9-10 |
| 13-16 | Paddle turn a full turn to the left using 1 count for each ¼ turn |