

Play

拍數: 0 牆數: 0 級數:
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音樂: Play - Jennifer Lopez



Sequence: AB, Tag 1, Modified A, BB, Tag 2, Halleluiah B, B

PART A

We adjust our clock so that the direction you are facing at the start of Part A is 12:00.

BRUSH-HITCH-STEPS, ½ TURN PIVOT

- 1&2 Brush right foot forward, hitch right knee up, step right foot forward
- 3&4 Brush left foot forward, hitch left knee up, step left foot forward
- 5&6 Brush right foot forward, hitch right knee up, step right foot forward
- 7-8 Touch left toe back, pivot ½ turn left on ball of right foot (weight ends on right foot)

SIDE TOGETHER, CHASSE LEFT, ¼ TURN PIVOT TWICE

- 1-2 Step left to left side, close right beside left
- 3&4 Step left to left side, close right beside left, step left to left side
- 5-6 Step forward right, pivot ¼ turn left
- 7-8 Step forward right, pivot ¼ turn left

Now facing original 12:00

Styling: On the ¼ turns, roll your hips around to the left

"KNEE THANG", KICK-BALL-CHANGE, SLIDE FORWARD

- 1-2 (On balls of both feet) Bring knees together (i.e., heels apart), bring knees apart (i.e., heels together)
- 3& (On balls of both feet) Bring knees together (i.e., heels apart), bring knees apart (i.e., heels together)
- 4 (On balls of both feet) Bring knees to center (i.e., heels center)

Hands: During the knee "thang", put your elbows up and out to the sides, with the palms of both hands facing your ears, a few inches from your head. This is the "hear no evil" position.

- 5-6 Kick right foot forward, step right in place, step left in place
- 7-8 Slide forward with right foot, step left foot slightly apart

"PULL THE ROPE" TWICE

- 1& Stretch arms to right and shift weight to right foot, step left beside right
- 2 Touch right foot to right side pulling arms in to side
- 3&4 Repeat 1&2

Styling: During the "pull the rope" moves, turn your body diagonally to the right so your body is facing 1:30

SYNCOPATED JAZZ BOX, ¼ TURN SAILOR, STOMPS

- 5&6 Cross right over left, step back on left, step right foot to right side
- As you are stepping right on count 6, square up your body toward 12:00 again
- &7 Step left foot behind right, step right to right side with ¼ turn left
 - &8 Stomp left foot forward twice, ending with weight on the left foot

THAT'S THE END OF PART A

MODIFIED PART A

Same as Part A except slight changes to "knee thang" and "pull the rope".

The hands during the "Knee Thang", instead of the "hear no evil" position, do the "chill" motion:

- 1 Hands on back pockets
- 2 Hands on hips

3&4 Hands travel in a "shivery" motion upward in front of your body until they are extended fully up

Bring your hands down on count 5. But don't drop them down to the sides. Let them come down gently in front of your body until they are hanging downward somewhere around count 6.

In the "Pull The Rope" section, there is no longer any hand motion. The footwork changes to move you diagonally backward to the right.

1& Step diagonally backward with the right foot, step left beside right

2 Touch right foot diagonally backward

3&4 Repeat 1&2

You can do a little back body roll on this part if you like. On that last touch of the right foot, you might not want to go too far back because the next step is the syncopated jazz box where the right has to cross over the left. If you make it too far, you'll have a hard time getting it across.

THAT'S THE END OF MODIFIED PART A

PART B

We now adjust our clock, so that the direction you are facing at the start of Part B is 12:00.

SIDE STEPS

1-4 Step right to right side, hold, step left beside right, hold

Body styling: Thrust your pelvis forward gently on each count, but just your pelvis; don't bounce your shoulders.

Arm Styling:

1 Arms straight down at the sides, fists clenched, back of right fist toward the right and back of left fist forward

2-4 Keeping arms straight and fists clenched, smoothly bring arms up to level with your shoulders over these 3 counts. The right arm goes directly toward the right and the left arm goes directly forward. The arms rise smoothly, not bouncing along with the pelvis.

SIDE STEPS

5-8 Step right to right side, hold, step left beside right, hold

Body styling: Thrust your pelvis forward gently on each count, but just your pelvis; don't bounce your shoulders.

Arm Styling:

The arms continue to rise smoothly, not bouncing along with the pelvis.

5 Fists pop open to fully extended fingers, with right fingers pointing out to the right and left fingers pointing straight forward. Tilt your hands up slightly at the wrists so they are not drooping.

6-8 Keeping arms straight and fingers out, smoothly continue bringing arms up until they are straight up overhead, ending with your right palm facing to the right and left palm facing forward.

SHUFFLE, SAILOR STEP

1&2 Step left to left side, close right beside left, step left to left side

Arm Styling: Bring your hands down on count 1. But don't drop them down to the sides. Let them come down gently in front of your body until they are hanging downward somewhere around count 2.

3&4 Cross right behind left, step left to left side, step right in place

STEP, TOUCH, STEP, TOUCH

5-6 Step left to side, touch right to right side turning toe and upper body toward 1:30

Arm Styling: On count 6, thrust your left arm straight up into the air with your left index finger pointing upward.

7-8 Square up to 12:00 and step right foot to right side, touch left beside right (bringing left arm down beside left hip, palm downward)

SIDE STEPS

1-4 Step left to left side, hold, step right beside left, hold

Body styling: Thrust your pelvis forward gently on each count, but just your pelvis; don't bounce your shoulders.

Arm Styling:

- 1 Arms straight down at the sides, fists clenched, back of left fist toward the left and back of right fist forward
- 2-4 Keeping arms straight and fists clenched, smoothly bring arms up to level with your shoulders over these 3 counts. The left arm goes directly toward the left and the right arm goes directly forward. The arms rise smoothly, not bouncing along with the pelvis.

SIDE STEPS

- 5-8 Step left to left side, hold, step right beside left, hold

Body styling: Thrust your pelvis forward gently on each count, but just your pelvis; don't bounce your shoulders.

Arm Styling:

The arms continue to rise smoothly, not bouncing along with the pelvis.

- 5 Fists pop open to fully extended fingers, with left fingers pointing out to the left and right fingers pointing straight forward. Tilt your hands up slightly at the wrists so they are not drooping.
- 6-8 Keeping arms straight and fingers out, smoothly continue bringing arms up until they are straight up overhead, ending with your left palm facing to the left and right palm facing forward.

SHUFFLE, SAILOR STEP

- 1&2 Step right to right side, close left beside right, step right to right side

Arm Styling: Bring your hands down on count 1. But don't drop them down to the sides. Let them come down gently in front of your body until they are hanging downward somewhere around count 2.

- 3&4 Cross right behind left, step left to left side, step right in place

SWIVELS ("SKATES"), JUMP, JUMP

- 5-6 Skate forward right, skate forward left
- 7 Jump on both feet and land with right crossed over left (cross arms, fists clenched)
- 8 Jump feet apart (bring arms up at side, fists clenched; "muscle man pose")

THAT'S THE END OF PART B

HALLELUIAH B

"Halleluiah B" is exactly the same as Part B except for the styling during slow side steps with pelvis bumps. First of all, leave off the pelvis bumps. Next, eliminate the slowly rising arms by keeping your hands in the "raise the roof" position, extending both arms upward with elbows bent and palms upward, pushing up to straight elbows on each beat.

THAT'S THE END OF HALLELUIAH B

TAG 1

ROGER RABBITS

- &1 Scooch back on left, step right foot behind left
- &2 Scooch back on right, step left foot behind right
- &3 Scooch back on left, step right foot behind left
- &4 Rock forward on left, rock back on right
- &5 Scooch back on right, step left foot behind right
- &6 Scooch back on left, step right foot behind left
- &7 Scooch back on right, step left foot behind right
- &8 Rock forward on right, rock back on left

POINTS, BOUNCES

- &1 Step on ball of right next to left foot, point left toe forward
- &2 Step on ball of left next to right foot, point right toe forward
- 3&4& Bend both knees to bounce your body down, up, down, up

Arm Styling: for the bounces on 3&4&, bring your forearms up to chest level and parallel to the floor as if resting on a table with palms downward. Keep them at that level as you bounce so that your body moves up and down but your forearms and hands do not

SWIVELS ("SKATES"), JUMP, JUMP

- 5-6 Skate forward right, skate forward left
- 7 Jump on both feet and land with right crossed over left (cross arms, fists clenched)
- 8 Jump feet apart (bring arms up at side, fists clenched; "muscle man pose")

THAT'S THE END OF TAG 1

TAG 2

We adjust our clock so that the direction you are facing at the start of Tag 2 is 12:00.

This tag starts with the same 16 counts as Part A

BRUSH-HITCH-STEPS, ½ TURN PIVOT

- 1&2 Brush right foot forward, hitch right knee up, step right foot forward
- 3&4 Brush left foot forward, hitch left knee up, step left foot forward
- 5&6 Brush right foot forward, hitch right knee up, step right foot forward
- 7-8 Touch left toe back, pivot ½ turn left on ball of right foot (weight ends on right foot)

SIDE TOGETHER, CHASSE LEFT, ¼ TURN PIVOT TWICE

- 1-2 Step left to left side, close right beside left
- 3&4 Step left to left side, close right beside left, step left to left side
- 5-6 Step forward right, pivot ¼ turn left
- 7-8 Step forward right, pivot ¼ turn left

Now facing original 12:00

Styling: On the ¼ turns, roll your hips around to the left

THOSE ARMS!!!

- 1 Step right foot slightly to the right and sway your hips to the right as you drape your right forearm over your head, resting on the top of your head, with your right palm facing down
- 2 Sway your hips to the left as you drape your left forearm over your head, resting on the top of your head, behind your right forearm, with your left palm facing down
- 3 Sway your hips to the right as you take your right arm off your head to the right, going around the face and under the chin, and ending up with the back of your right hand on your left cheek, palm facing to the left
- 4 Sway your hips to the left as you take your left arm off your head to the left, going around the face and under the chin, and ending up with the back of your left hand on your right cheek, palm facing to the right

Don't make a big deal about this. Just get there.

- 5 Sway your hips to the right as you stick your right arm straight out to the right side with your wrist bent sharply so that the right palm is facing to the right side
- 6 Sway your hips to the left as you stick your left arm straight out to the left side with your wrist bent sharply so that the left palm is facing to the left side
- 7& Point right toe out to the right side, hitch right knee up bringing left hand across face and ending with back of left palm against right cheek
- 8 Crouch over to left side slightly

EVEN MORE ARMS, THEN SHRUG

- 1 Step right foot to right side and bring right arm straight up with wrist bent sharply so that palm faces downward
- 2 Step left foot next to right foot and bring left arm straight up with wrist bent sharply so that palm faces downward
- 3 Step right foot to right side and bring right arm straight down beside body with wrist bent sharply so that palm faces downward

- 4 Step left foot next to right foot and bring left arm straight down beside body with wrist bent sharply so that palm faces downward
- 5 Step right foot to right side and turn head to the right
- 6 Step left foot next to right foot and turn head to the left
- &7 Lift shoulders up, drop them (head is still facing left)
- &8 Repeat &7

SHUFFLE BACK LEFT, SHUFFLE BACK RIGHT

- 1&2 Step back on left with ¼ turn left (facing 9:00), step right together, step left to side left
- Alternate: Just step back on left with ¼ turn left and bump hips left, right, left**
- 3&4 Step back on right with ½ turn right (facing 3:00), step left together, step right to right side
- Alternate: Just step back on right with ½ turn right and bump hips right, left, right**
- 5-6 Cross left over right, pivot ¾ turn right (facing 12:00)
- &7-8 Step forward on left, point right toe forward, hold
- Body Styling: As you point your right toe forward on 7, twist your body toward 1:30 and lean back so you have some big-time contra-body going on**
- Arm Styling: As you point your right toe forward on 7, extend your left arm toward 12:00 with the left palm facing 12:00 as well. Extend your right arm toward 6:00 with the right palm facing 6:00 as well.**

KICK & TOUCH, KICK & TOUCH

- 1&2 (Drop the arms and square up to 12:00) Kick right forward, step right in place, point left to side
- 3&4 Kick left forward, step left in place, point right to side

SYNCOPATED JAZZ BOX, ¼ TURN SAILOR, STOMPS

You did this at the end of Part A, remember?

- 5&6 Cross right over left, step back on left, step right foot to right side
- &7 Step left foot behind right, step right to right side with ¼ turn left
- &8 Stomp left foot forward twice, ending with weight on the left foot

KICK HITCH STOMP, STEP, TOGETHER, REPEAT OTHER SIDE

- 1&2 Kick right foot sharply low to the right side, hitch right knee up, step right foot next to left
- 3-4 Step left foot to left side, slide right foot next to left foot and step on it
- 5&6 Kick left foot sharply low to the left side, hitch left knee up, step left foot next to right
- 7-8 Step right foot to right side, slide left foot next to right foot and step on it

POINTS, BOUNCES

- &1 Step on ball of right next to left foot, point left toe forward
- &2 Step on ball of left next to right foot, point right toe forward
- 3&4& Bend both knees to bounce your body down, up, down, up
- Arm Styling: for the bounces on 3&4&, bring your forearms up to chest level and parallel to the floor as if resting on a table with palms downward. Keep them at that level as you bounce so that your body moves up and down but your forearms and hands do not**

SWIVELS ("SKATES"), JUMP, JUMP

- 5-6 Skate forward right, skate forward left
- 7 Jump on both feet and land with right crossed over left (cross arms, fists clenched)
- 8 Jump feet apart (bring arms up at side, fists clenched; "muscle man pose")

KICK HITCH STOMP, STEP, TOGETHER, REPEAT OTHER SIDE

- 1&2 Kick right foot sharply low to the right side, hitch right knee up, step right foot next to left
- 3-4 Step left foot to left side, slide right foot next to left foot and step on it
- 5&6 Kick left foot sharply low to the left side, hitch left knee up, step left foot next to right
- 7-8 Step right foot to right side, slide left foot next to right foot and step on it

POINTS, BOUNCES

&1 Step on ball of right next to left foot, point left toe forward

&2 Step on ball of left next to right foot, point right toe forward

3&4& Bend both knees to bounce your body down, up, down, up

Arm Styling: for the bounces on 3&4&, bring your forearms up to chest level and parallel to the floor as if resting on a table with palms downward. Keep them at that level as you bounce so that your body moves up and down but your forearms and hands do not

FOUR SWIVELS ("SKATES")

5-6 Skate forward right, skate forward left but turning $\frac{1}{4}$ left

7-8 Skate forward right, skate forward left

Hand Styling: Do the "raise the roof" motion on each of the 4 skates, extending both arms upward with elbows bent and palms upward, pushing up to straight elbows on each beat.

THAT'S THE END OF TAG 2
