

Sprung

拍數: 32 牆數: 4 級數: Improver
編舞者: Phillip Pulliam (USA)
音樂: Me Against the Music (feat. Madonna) - Britney Spears



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| 1-4 | Touch right toe to right, bring back to left, step right foot to right, and slide left toe behind |
| 5-8 | Repeat counts 1-4 to the left |
| 1&3 | Ball change back starting with your right foot |
| 3-4 | Touch left heel forward, bring it back |
| 5-8 | Touch right toe forward, to the right, behind, and do a half turn over the right shoulder |
| 1-4 | Stroll forward right, left, right, left |
| 5-6 | With heels raised and weight on the balls of your feet roll both knees to the right, hold |
| 7-8 | Roll knees back to left, hold |
| 1-4 | Drop twist body to the right, come back to standing position, drop twist body to the left, come back to standing position |
| 5-8 | Slide back on right foot, stomp left beside, step forward on right, slide left beside right and do a ¼ turn over the left shoulder |

REPEAT
