

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
