

Come Out And Play

拍數: 0 牆數: 2 級數:
編舞者: Gina Ko
音樂: Play - Jennifer Lopez



Sequence: AAABA

PART A

1-2 Point right foot to right side, step in front of left
3-4 Point left foot to left side, step in front right
5-6 Kick right to front, kick left to front
7-8 Step forward with right, quarter turn

On the 1st time, bend knees and "sit" like you're waiting

1-2 Step right foot in front of left foot, point left foot out to left side
3-4 Step left foot in front of right foot, point right foot out to right side
5-6 Box step: right foot over left foot, left foot back ¼ turn

You should be facing beginning wall

7-8 Right foot to right side, slide left foot in

1-2 Step right foot to right side, slide left foot in
3-8 Repeat 1-2 three more times

For counts 1-2 and 5-6 hands are up; 3-4 and 7-8 hands stretch out to left

Optional: head faces forward for counts 1-2 and 5-6 and faces right for counts 3-4 and 7-8

1-2 Box step: right foot over left foot, left foot back
3-4 Right foot step up, left foot slide in
5-6 Right foot to right side, right foot in
7& Left foot touch, left foot in
8& Kick right foot out and place directly back while making a half turn

1-2 Body roll
3-4 Body roll
5-6 Hip bump left high, bump low
7-8 Hip bump left high, bump low

1-2 Monterey turn with right foot to right side, right foot in while making half turn
3-4 Left foot to left side, left foot in
5-6 Right foot to right side, switch left foot to left side
7-8 Right foot to right side, switch left foot to left side

1-2 Quarter pivot turn with right foot with hip rolls
3-8 Repeat counts 1-2 three more times

1-4 Walk forward right, left, right, left
5-6 Step forward with right foot and half turn step with left foot
7-8 Full turn

PART B

1-2 Point right foot to right side, step in front of left
3-4 Point left foot front, hip thrust

5-6 Kick right to front, kick left to front
7-8 Step forward with right, quarter turn

1-2 Step right foot in front of left foot, point left foot out to left side
3-4 Step left foot in front of right foot, point right foot out to right side
5-6 Box step: right foot over left foot, left foot back quarter turn

You should be facing beginning wall

7-8 Right foot to right side, slide left foot in

While sliding left foot in, touch right pointer finger to right bottom side and quickly retract, like your buns are hot! "ow!")

1-2 Step right foot to right side, slide left foot in
3-8 Repeat counts 1-2 three more times

For counts 1-2 and 5-6 hands are up; 3-4 and 7-8 hands stretch out to left

Optional: head faces forward for counts 1-2 and 5-6 and faces right for counts 3-4 and 7-8

Optional: hold on count 8 when Jennifer speaks

1-2 Box step: right foot over left foot, left foot back
3-4 Right foot step up, left foot slide in
5-8 Half turn, swiveling with hands in air making circular motion

1-2 Right foot step out diagonally, left foot slide in
3-4 Left foot step out diagonally, right foot slide in
5-6 Brush right foot over left foot, left foot back
7-8 Right foot back, left foot brush over right foot

1-2 Right foot back, left foot back
3-4 Right foot big step forward, left foot slide in
5-6 Right foot to right side, right foot in
7-8 Left foot to left side, left foot in

1-2 Right foot touch out and in diagonally
3-4 Left foot touch out and in diagonally
5-8 Four pedal steps with right foot, turning left

1-2 Step right foot forward, step left foot forward making pivot half turn (weight still on right foot)
3-4 Pump left foot twice, stepping down on second pump
5-6 Make full turn stepping with right foot, turning left
7-8 Make full turn stepping with right foot, turning left

5-8 are two full turns with your weight ending up on left foot to start the dance over
