

# Play With Yourself

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Arne Stakkestad (BEL) - January 2009  
音樂: Play With Yourself - Indy Lee : (Cd: Show It to Me)



Intro: 16 counts BPM: 88

## (1-8) Side mambo cross, heel bounces ½ left, Rocking chair, tripple full turn left

1&2      RF right side with hip right, recover on LF, RF cross step in front of LF  
3&4      Heels up and down (start ½ left), up and down, up and down (end ½ left with weight on LF)  
(6h)  
5&6&      RF rock forward, recover on LF, RF rock back, recover on LF  
7&8      ½ left and RF step back, ½ left and LF step forward, RF small step forward

## (9-16) Vaudevilles, cross shuffle, touch and hip bumps

1&2      LF cross step in front of RF, RF diagonally right back, LHeel touch diagonally left forward  
&3&4      LF beside RF, RF cross step in front of LF, LF diagonally left back, RHeel touch diagonally  
right forward  
&5&6      RF beside LF, LF cross step in front of RF, RF beside LF, LF cross step in front of RF  
7&8&      RF touch beside LF and bump hip right, hip left, hip right, hip left (keep weight on LF)

## (17-24) Chasse, ¼ left chasse, kick ball ½ left step, kick ball ½ left step

1&2      RF right side, LF beside RF, RF right side  
3&4      ¼ left and LF left side, RF beside LF, LF left side (3h)  
5&6      RF kick forward, RF weight on ball and ½ left, LF step forward (9h)  
7&8      RF kick forward, RF weight on ball and ½ left, LF step forward (3h)

## (25-32) Mambo step forward, mambostep back, step and bumps, step and bumps

1&2      RF rock forward, recover on LF, RF small step back  
3&4      LF rock back, recover on RF, LF small step forward  
5&6      RF step forward and bump hips to right, left, right  
7&8      Lf step forward and bump hips left, right, left

## Bridges

After the 4th wall(12h) and after the 7th wall(9h), add following 8 counts

### Side touch, touch beside, cross step X 4

1&2      RF touch to right side, RF touch beside LF, RF cross step in front of LF  
3&4      LF touch to left side, LF touch beside RF, LF cross step in front of RF  
5&6      RF touch to right side, RF touch beside LF, RF cross step in front of LF  
7&8      LF touch to left side, LF touch beside RF, LF cross step in front of RF

During the 6th wall after count 16& (hip right, hip left)(9h) the beat stops, add following 4 counts

### Hip bumps X 4

1&2&      bump hip right, hip left, hip right, hip left  
3&4&      bump hip right, hip left, hip right, hip left (keep weight on LF)

So 4 extra hip bumps and continue with count 17 (chasse right)

## Ending

To end at 12h, dance First 4 counts of the 10th wall (3h)

1&2      RF right side with hip right, recover on LF, RF cross step in front of LF  
3&4      Heels up and down (start ¼ left), up and down, up and down (end ¼ left with weight on LF)  
(12h)

