

Play With Yourself

拍數: 32 牆數: 4 級數: Intermediate
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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)

