

Play It

拍數: 32 牆數: 4 級數: Improver
編舞者: Michael Diven (USA) - November 2008
音樂: Play - Jennifer Lopez



Start dancing on the lyrics.

There is a part of the song where there is no music and she just talks, keep dancing at the same beat and the dance will pick up right where it left off.

Kick-Ball Touch, Sailor Step, Turning Sailor Step, Hip Shake

1&2 Kick right forward, step back next to left, touch left toe to left side
3&4 Cross left behind right, step right to side, step left together
5&6 Cross right behind left while turning ½ turn, step left in place, step right forward
7&8 Step left forward, shake hips left, right, left (weight shifts to left)

Rock, Recover, Shuffle Back, Toe Rock, Bounce With ½ Turn Left

1-2 Rock right forward, recover back to left
3&4 Step right back, drag left in front of right, step right back
5-6 Step left back, rock right forward (these are small bounce steps)
7&8& Bounce on left, right, left, right while pivoting ½ turn left (weight ends up on right)

Coaster Step, Rock, Recover, Shuffle Back, Shuffle Back

1&2 Step left back, step right next to right, step left forward
3-4 Rock right forward, recover back to left
5&6 Step right back, drag left over right, step right back
7&8 Step left back, drag right over left, step left back

Rock, Recover, ¼ Turn Touch, Touch, Step & Touch, Turning Shuffle

1-2 Rock back on the right, recover to left
3&4 Turn ¼ turn left while touching right toe to right side, step right together, touch left toe to left side
&5-6 Step left together, step right forward, touch left toe behind right heel
7&8 Step left back, step right together while turning ¼ turn left, step left forward while turning ¼ turn left

Repeat

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