

Ping Pong (With My Heart)

COPPER **KNOB**
BY STEPHEN

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Ross Brown (ENG) - March 2013
音樂: Ping Pong With My Heart (Radio Edit) - Paulini : (CD: Ping Pong With My Heart - Single - 2:34)



Intro: 16 Counts (Approx. 8 Secs)

HIP BUMPS FORWARD. X2.

- 1 – 2 Touch right toes forward and bump hips forward, bump hips back.
- 3 – 4 Bump hips forward, hold for Count 4. [Weight ends on right foot]
- 5 – 6 Touch left toes forward and bump hips forward, bump hips back.
- 7 – 8 Bump hips forward, hold for Count 8. [Weight ends on left foot] (12 O'CLOCK)

TOE FAN. X4.

- 1 – 2 Step forward with right, fan right toes to the right.
- 3 – 4 Step forward with left, fan left toes to the left.
- 5 – 6 Step forward with right, fan right toes to the right.
- 7 – 8 Step forward with left, fan left toes to the left. (12 O'CLOCK)

ROCK FORWARD. BACK, SWEEP. X3.

- 1 – 2 Rock forward with right, recover onto left.
- 3 – 4 Step back with right, sweep left foot back.
- 5 – 6 Step back with left, sweep right foot back.
- 7 – 8 Step back with right, sweep left foot back. (12 O'CLOCK)

BEHIND, SIDE, CROSS. HITCH ¼ TURN L. PRISSY WALK, HOLD. X2.

- 1 – 2 – 3 Cross step left behind right, step right to the right, cross step left over right.
- 4 Make a ¼ turn left hitching right knee up to left.
- 5 – 6 Walk forward and slightly across with right, hold for Count 6.
- 7 – 8 Walk forward and slightly across with left, hold for Count 8. (9 O'CLOCK)

END OF DANCE!
