

# Sprung

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Phillip Pulliam (USA)

**Music:** Me Against the Music (feat. Madonna) - Britney Spears



- 
- |     |  |
|-----|--|
| 1-4 | Touch right toe to right, bring back to left, step right foot to right, and slide left toe behind                                  |
| 5-8 | Repeat counts 1-4 to the left  |
|     |  |
| 1&3 | Ball change back starting with your right foot   |
| 3-4 | Touch left heel forward, bring it back   |
| 5-8 | Touch right toe forward, to the right, behind, and do a half turn over the right shoulder  |
|     |  |
| 1-4 | Stroll forward right, left, right, left  |
| 5-6 | With heels raised and weight on the balls of your feet roll both knees to the right, hold  |
| 7-8 | Roll knees back to left, hold  |
|     |  |
| 1-4 | Drop twist body to the right, come back to standing position, drop twist body to the left, come back to standing position          |
| 5-8 | Slide back on right foot, stomp left beside, step forward on right, slide left beside right and do a ¼ turn over the left shoulder |

**REPEAT**

---