

Nono's Play

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate
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音樂: Play - Jennifer Lopez



SPIRAL, ROCK FORWARD AND BACK, ¼ TURN, KNEE ROLLS, FLICK

- 1 (Starting with weight on right foot) spiral turn left ending with left crossed in front of right shin)
- 2 Step forward left
- 3& Rock forward right, weight shift back to left
- 4 Turn ¼ right, touch right toe to right side
- 5 Roll right knee and hip to right side
- 6 Roll right knee and hip to center
- 7 Roll right knee and hip to right side while tapping right toe
- & Roll right knee and hip slightly farther to right while tapping toe again
- 8 Turn ¼ right, hop onto right foot and flick left foot behind

SYNCOPATED KICKS AND SHOULDER ROLLS

- 1& Kick left foot forward (leaning back slightly) and replace
- 2& Kick right foot forward (leaning back slightly) and replace
- 3&4 Repeat 1&2
- & Bring feet together
- 5 Roll right shoulder back while bending knees slightly
- 6 Repeat with left shoulder, bending knees farther
- 7-8 Repeat 5-6, moving progressively downward

¼ TURN, STEP LEFT BACK, SHIFT WEIGHT RIGHT, SYNCOPATED ROCKS FORWARD AND BACK, STEP ¼ TURN

- 1 Turn ¼ left, sliding right and bring left foot in slightly (keep feet about shoulder width apart)
- 2 Look ¼ left
- 3 Step left foot back, rolling hips ¼ turn left
- 4 Shift weight to right
- 5& Rock forward left, rock back onto right
- 6& Rock back on left, rock forward on right
- 7-8 Step forward on left, step forward on right with ¼ to the left

SYNCOPATED SAILOR STEPS, ½ STEP TURN LEFT, WALKS WITH ATTITUDE

- &1 Cross left behind right, step right to the right
- &2 Step left to the left, cross right behind left
- &3 Step left to the left, step right forward
- 4 Turn ½ to the left, keeping weight on the right foot
- 5-8 Walk 4 steps (with style!) Beginning with left foot

REPEAT

TAG

After 2nd wall

ROLL HIPS, STEP TURNS, PADDLE TURNS

- 1-2 Roll hips right, touch left toe front
- 3-4 Roll hips left, touch right toe front
- 5-8 Repeat 1-4
- 9-10 Step forward right, push turn left

11-12

Repeat 9-10

13-16

Paddle turn a full turn to the left using 1 count for each $\frac{1}{4}$ turn
