

Play It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kate Sala (UK)
音樂: Play - Jennifer Lopez



CROSS, FULL UNWIND, CHASSE, ROCK BACK, ½ TURN, ROCK BACK

- 1-2 Cross step left over right, unwind full turn right
- 3&4 Step left, step right next to left, step left
- 5&6 Rock back on right, step left in place, turn ½ left stepping right back
- 7-8 Rock back on left, rock forward on right

SIDE ROCK AND CROSS, SIDE ROCK AND CROSS, SYNCOPATED WEAVE, ROCK STEP

- 1&2 Rock left to left side, rock right in place, cross step left over right
- 3&4 Rock right to right side, rock left in place, cross step right over left
- &5&6 Small step left to left side, cross right behind left, step left, cross right over left
- 7-8 Rock left to left side, rock right in place

SYNCOPATED WEAVE, SWEEP, TRIPLE ¾ TURN LEFT, MAMBO STEP

- 1&2 Cross step left over right, step right, cross left behind right
- 3-4 Sweep right round behind left, locking right behind left and popping left knee forward
- 5&6 Turn ¼ left stepping left forward, turn ½ left stepping right back, step back on left
- 7&8 Rock back on right, rock forward on left, step right next to left

MAMBO STEP, WALK RIGHT, LEFT, TURN ½ LEFT, TURN ½ RIGHT WITH KICK, SAILOR STEP

- 1&2 Rock back on left, rock forward on right, step forward on left,
- 3-4 Walk forward right, left
- 5 Turn ½ left stepping right back, (weights on right)
- 6 Pivot ½ right (weight transfer to left) and lift right foot up
- 7&8 Ronde right behind left, step left to left side, step right to right side

REPEAT
