Playground

拍數: 32

級數: Intermediate

編舞者: Jo Everhart (USA)

音樂: Playground - Mikaila

STEP, STEP BEHIND, RIGHT MAMBO STEP

- 1-2 Step right foot to right, step left foot behind right foot
- 3&4 Rock to right on right foot, recover weight to ball of left foot, step right foot home next to left foot.

STEP, STEP BEHIND, LEFT MAMBO STEP

- 5-6 Step left foot to left, step right foot behind left foot
- 7&8 Rock to left on left foot, recover weight to ball of right foot, step left foot home next to right foot

HEEL, STEP, TOE TOUCH, STEP, TOUCH, KICK

- 9&10 Touch right heel forward, step forward onto right foot, touch left toe next to right foot
- 11&12 Step back on left foot, touch right toe next to left foot, kick right foot forward

SYNCOPATED: OUT-OUT, IN-IN, STEP, HEEL, STEP, TOUCH

- &13&14 Step out to right on right, step out to left on left, step right foot home, step left foot home
- &15&16 Step back on right foot, touch left heel forward, step left foot home, touch right foot home next to left foot

TOE TOUCH, RIGHT. TURN-CROSS STEP, ROCK STEP, STEP

- 17-18 Touch right toe out to right, turn ½ to right stepping on right foot crossed over left foot
- 19-20 Rock back on left foot, step forward on right foot as you flick left foot up

1/4 TURN & LEAN-STEP(LEFT), LEAN-STEP(RIGHT), LEAN-STEP(LEFT), 1/4 TURN & SIT

- 21-22 Step forward on left foot as you turn ¼ wall right(lean weight to left and look over left shoulder), step to right on right foot (lean weight to right and look over right shoulder)
- 23-24 Step on left foot to left (lean weight to left and look over left shoulder), turn 1/4 wall to left as you step back on right foot and assume a sitting position (snap head back as you sit)

STEP, ¼ LEFT. TURN, SAILOR STEP

- 25-26 Step forward on left foot, turn ¼ wall to left as you step to right on right foot.
- 27&28 Step left foot behind right, recover weight to right foot, step left on left foot

TURN ½, TURN ½, 3 HIP BUMPS WITH SHOULDER SHRUGS

- 29-30 Turn ½ wall to right as you step forward on right foot, turn ½ wall to right as you step to left on left foot (shoulder width apart and weight evenly distributed)
- 31&32 Bump hips to left as you shrug right shoulder up, return hips to center as you shrug left shoulder up, bump hips to left as you shrug right shoulder up

REPEAT

After first wall only

1-16 Repeat first 16 counts of dance.

TAG

After eighth wall only





牆數:4

1-2&	Take large step to right on right foot, rock behind right foot on ball of left foot, recover weight to right foot
3-4&	Take large step to left on left foot, rock behind left foot on ball of right foot, recover weight to left foot