

Get Loose!!

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Greesita Wiranegara (INA) - July 2023

Musik: Get Loose - AGNEZ MO & Ciara



DANCE BEGIN APPROX 34 SECONDS

SECTION 1: SKATE R-L-R-L, KICKBALL POINT R-L

- 1-4 Skate RF forward, skate LF forward, skate RF forward, skate LF forward.
- 5&6 Kick RF forward, close RF beside LF, point LF to L side.
- 7&8 Kick LF forward, close LF beside RF, point RF to R side.

SECTION 2: ANCHOR STEP R-L, ½ L TURN WITH SWEEP, SLIDE WITH FLICK

- 1&2 Step RF behind LF, step LF in place, step RF back.
- 3&4 Step LF behind RF, step RF in place, step LF back.
- 5-6 Turn ½ L step RF back while sweeping LF from front to back, step LF behind RF (06.00).
- 7-8 Big step RF to R side, close LF next to RF while flick RF to R side.

SECTION 3: CROSS SHUFFLE , SIDE ROCK (R-L)

- 1&2 Cross RF over LF, step LF to L side, cross RF over LF.
- 3-4 Rock LF to L side, recover on RF.
- 5&6 Cross LF over RF, step RF to side, cross LF over Rf.
- 7-8 Rock RF to R side, recover on LF (06.00).

SECTION 4: STEP, LOCK, STEP BACK WITH SWEEP, SAILOR STEP, ¼ SAILOR TURN L WITH SWEEP, CLOSE, SLIDE

- 1-2 Step RF forward while lock LF behind RF, step LF back while sweeping RF from front to back.
- 3&4 Step RF behind LF, step LF to L side, step RF to R side.
- 5&6 Turn ¼ L while sweeping LF from front to back and step LF behind RF, step RF to R side, step LF to L side (09.00).
- &7-8 Close RF beside LF, big step LF to L side, close RF beside LF.

TAG AFTER WALL 4, 4 COUNTS SWING HIPS:

- &1 Step RF to R side while swing hip to R
- &2 Swing hip to L and R
- &3 Swing hip to L and R
- &4 Swing hip to L and R

RESTART ON WALL 5 AFTER 12 COUNTS

THANK YOU.. ENJOY THE DANCE!!
