

Hang Loose!

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Page Banfield (USA)

Musik: No News - Lonestar



KICK RIGHT, RIGHT, COASTER STEP, KICK LEFT, LEFT, COASTER STEP

- 1-2 With weight on left foot, kick right foot forward twice
3 Step back on the right
&4 Step left foot next to right, step right foot forward
5-6 With weight on right foot, kick left foot forward twice
7 Step back on the left foot
&8 Step right foot next to left, step left foot forward

SAILOR STEP, SAILOR STEP, ¼ TURN LEFT, STEP RIGHT, ½ TURN, STEP FORWARD RIGHT, BACKWARDS ¾ TURN

- 9 Cross right foot behind left foot
&10 Step left with left foot next to right foot, step right foot next to left
11& Cross left foot behind right foot & step right with right foot next to left foot
12 Step left foot next to right while turning ¼ to the left.
On count 12 you should be facing next wall to the left, with weight on right foot, and left foot pointing forward
13-14 Step forward on right foot, turn ½ to the right (weight should be on left foot)
15 Step forward on right foot
16 Lift left foot off the ground slightly and turn ¾ spinning on the right foot.
End facing back wall with both feet down spread slightly apart, weight on left foot

MONTEREY TURN, GRAPEVINE, MONTEREY TURN, GRAPEVINE, SCUFF RIGHT

- 17 With weight on left foot, point right toe out to the right side
18 Turn ½ to the right, with weight on left foot (shift weight to right foot)
19-20 Point left toe out to the left side, touch left toe next to right foot
21-22 Step left foot out to left side, cross right foot behind left foot
23-24 Step left foot out to left side, touch right toe next to left foot.
25-31 Repeat steps 17-23
32 (End of grapevine) scuff right heel forward

STEP RIGHT, SCUFF LEFT, CROSS LEFT OVER RIGHT, KICK LEFT, SCUFF LEFT BACK, SCUFF LEFT FOOT, STOMP

- 33 Step forward on right foot
34 Scuff left heel forward keeping left foot out in front (off of ground)
35 Cross left heel over right foot (weight should still be on right)
36 Kick left foot forward
37-38 With weight still on right foot, scuff left foot back, scuff left heel forward
39-40 Stomp forward on both feet, clap!

HIP BUMPS LEFT, RIGHT, LEFT, RIGHT, BODY ROLL, BODY ROLL

- 41-42 Bump hips to the left, bump hips to the right (weight on both feet)
43-44 Bump hips to the left, bump hips to the right (weight on both feet)
45-46 Roll body from left to right (emphasizing rolls from the waist)
47-48 Roll body from left to right (emphasizing rolls from the waist)

REPEAT