

Get Loose

Count: 32

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Debi Bodven (USA)

Musik: If Ya Gettin' Down - Five



CROSS, SIDE, APPLEJACK, CROSS, SIDE, APPLEJACK

- 1-2 Step right over left, step left side (toes are pointing in)
- 3-4 Swivel toes of left and heel of right to left, swivel heel of left and toes of right to left
- 5-6 Step right over left, step left side (toes are pointing in)
- 7-8 Swivel toes of left and heel of right to left, swivel heel of left and toes of right to left

BODY ROLLS RIGHT, LEFT, SYNCOPATED KICKS BACKWARD

- 1-2 Body roll to right
- 3-4 Body roll to left
- 5& Kick right forward, step back right
- 6& Kick left forward, step back left
- 7& Kick right forward, step back right
- 8& Kick left forward, step together right

HALF-MONTEREY, MAMBO, SIDE-SIT-ROLL UP

- 1-2 Touch right to side, pivot 1/2 turn right on ball of left bringing right to place and taking weight
- 3&4 Rock side left, recover weight on right, step left together
- 5 Step side right
- 6 Bend knees into sitting position (only your right cheek has room to sit)
- 7-8 Leading with left hip roll up to standing position keeping weight on right

TURNING SAILOR, BRUSH-HITCH-TOUCH, HIP BUMPS, STEP TOGETHER

- 1&2 Step left behind right turning 1/8 left, step side right turning 1/8 left, step forward left
- 3&4 Brush right forward, hitch right knee, touch right toe forward (weight is still on left)
- 5& Bump right hip right, then center (or you can roll the hips making a "C" on these 2 counts)
- 6& Bump right hip right, then center
- 7-8 Take weight on right, step left together

REPEAT
