

On The Loose

拍数: 64 墙数: 2 级数: High Improver
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音乐: On the Loose - Niall Horan : (Album: Flicker 2017 - iTunes & other mp3 sites - 3:43)



Introduction: 32 counts, Start on approx 17 sec.

Restart: in wall 2 after 32 counts (12 o'clock).

Part 1: [1-8] Fwd Rock / Recover, Together, Side Rock / Recover, Out, Out, Hold, Together, Cross & Cross.

1,2 Rock R forward (1), Recover back onto L (2).
&3,4 Step R beside L (&), Rock L to L (3), Recover back on R (4).
&5,6 Step L out to L slightly back (&), Step R out to R slightly back (5), Hold (6).
&7&8 Step L beside R (&), Step R across L (7), Step L slightly to L (&), Step R across L (8).

Part 2: [9-16] Side Rock / Recover, Coaster Step L with ¼ Turn L, Side with Dip, Touch L Fwd with ⅙ Turn L, Kick L, Ball, Step.

1,2 Rock L to L (1), Recover back on R (2).
3&4 Make ¼ turn L (9.00) step L back (3), Step R beside L (&), Step L forward (4).
5,6 Step R to R and dip body down (5), Make ⅙ turn L (7.30) touch L forward (6).
7&8 On diagonal: Kick L forward (7), step L back in place on ball (&), Step R forward (8).

Part 3: [17-24] Fwd Rock L / Recover with Sweep L ⅙ Turn L, Anchor Step L, Back & Touch L, Hold, Back & Touch R, Hold.

1,2 On diagonal: Rock L forward (1), Make ⅙ turn L (6.00) recover back on R and sweep L from front to back (2). .
3&4 Lock L behind R (3), Recover back on L (&), Recover back on L (4).
&5,6 Step R back (&), Touch L slightly forward (5), Hold (6).
&7,8 Step L back (&), Touch R slightly forward (7), Hold (8).

Part 4: [25-32] Side Rock / Recover, Cross, Together with R Knee Pop Fwd, Cross Rock / Recover, Big Side Step R with Drag L, Together.

1,2 Rock R to R (1), Recover back on L (2).
3,4 Cross R over L (3), Step L beside R and pop R Knee forward (4).
5,8 Rock R across L (5), Recover back on L (6), Step R big to R and drag L towards R (7), Step L beside R weight on L (8).

(NB: Restart here in wall 2 after 32 counts, after start again (facing 12'o'clock).

Part 5: [33-40] Syncopated Fwd Rocks R, L with ¼ Turn R, Touch L Back, ½ Unwind L, Side Rock / Recover.

1,2 Rock R forward (1), Recover back on L (2).
&3,4 Make ¼ turn R (9.00) step R to R (&), Rock L forward (3), Recover back on R (4).
5,8 Touch L Back (5), Unwind ½ turn L (3.00) take weight on L (6), Rock R to R (7), Recover back on L (8).

Part 6: [41-48] Syncopated Fwd Rocks R, L, Side with ¼ Turn L, Together, Step, Hold.

1,2 Rock R forward (1), Recover back on L (2).
&3,4 Step R beside L (&), Rock L forward (3), Recover back on R (4).
5,8 Make ¼ turn L (12.00) step L to L (5), Step R beside L (6), Step L forward (7), Hold (8).

Part 7: [49-56] Side, Hold, Cross Rock / Recover, Back with ¼ R, Touch Together, Kick & Side.

1,2 Step R to R (1), Hold (2).
3,4 Rock L across R (3), Recover back on R (4).

5,6 Make ¼ turn R (3.00) step L back (5), Touch R beside L (6).
7&8 Kick R forward (7), Step R back in place (&), Step L to the L (8).

Part 8: [57-64] Heel Grind R Replace, Heel Taps R Twice, Side, Back, Side with ¼ Turn R, Together.

1,4 Grinding R heel forward (1), Step R back in place and holding weight on L (2), Tap R heel
 down (3), Tap R heel down weight on L (4).
5,8 Step R to R (5), Step L slightly back (6), Make ¼ turn R to R (6.00) step R to R (7), Step L
 beside R weight L (8).

REPEAT THE DANCE AND HAVE FUN!!

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