

On The Loose

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Vera Yan (CAN) - November 2017
音乐: On the Loose - Niall Horan



[1-8] Jump Forward. Hold. Jump Back. Hold. Hitch R. Hold. Touch R Back. ¼ Turn R. Hold.

1 2 3 4 Right foot jump forward. Left foot jump forward. Hold. Right foot jump back. Left foot jump back. Hold.

5 6 7 8 Hitch R. Touch R back. ¼ Turn R. Step R to R. Hold (with optional left arm wave)

[9-16] Cross. Back. Side. Cross. Back. Side. Cross Shuffle.

1 2 3 4 Cross (L over R). Step back R. Step side L. Cross (R over L).

5 6 7 & 8 Step back L. Step side R. Cross Shuffle back (L, R, L).

[17-24] Step & Heel. Hold. Step & Toe. Hold. Step & Rock. ½ Turn L. Shuffle.

& 1 2 & 3 4 Step back R & L Heel. Hold. Step down L & R Toe fwd (beside L). Hold.

& 5 6 7 & 8 Step R fwd. Rock fwd L. Recover weight R. ½ Turn L. Shuffle fwd (L, R, L).

[25-32] Hip Bumps Forward x 2. Hip Bumps Back x 2. Step Touch x 2.

1 & 2 3 & 4 Step R foot fwd (diagonal bump hips R, L, R.) Bump hips L, R, L.

5 6 7 8 Step R to R side. Touch L beside R. Step L to L side. Touch R beside L.

RESTART

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