

Let Loose

拍数: 32 墙数: 4 级数: Improver
编舞者: Dag Alexander Wien (NOR) - March 2021
音乐: Let Loose - Blåsemafian & Hazel



Tag: One easy 4 count tag after wall 4.

Intro: 16 Counts

Step fwd RF & LF, Shuffle fwd, Step fwd, 1/2R Pivot, Step fwd, 1/2R Pivot

1-2 Step RF fwd, step LF fwd, Step
3&4 Step RF fwd, step LF together, Step RF fwd
5-6 Step LF fwd, turn 1/2R and change weight to RF 06:00
7-8 Step LF fwd, turn 1/2R and end weight LF 12:00

(Step back-Touch) x2, Rock-Recover, Step back, Touch

1-2 Step RF back, touch LF a little bit in front of RF
3-4 Step LF back, touch RF a little bit in front of LF
5-6 Step RF fwd, change weight back to LF
7-8 Step RF together, touch LF beside RF

(V-step w/ turn) x2

1-4 Step LF L diag fwd, step RF to R side, turn 1/4L & step LF to L, touch RF beside LF 09:00
5-8 Turn 1/4R & Step RF R diag fwd, step LF to L side, turn 1/4R & step RF to R, touch LF beside RF 03:00

Weave w/ 1/4 L, 1/4L Pivot, Cross, Side, Touch

1-4 Step LF to L, cross RF behind, turn 1/4L & step LF fwd, step RF fwd
5-8 Turn 1/4L & change weight to LF, Cross RF in front of LF, step LF to L, touch RF beside LF

Tag: 4 count circular hip roll

1 Touch RF to R & start a circular, clockwise motion with your hips
2-3 continue the hip roll
4 Finish the hip roll on your L hip & touch RF beside LF

RF - right foot

R - right

Have fun & Enjoy!

Last Update - 5 June 2021