

Disco Turn Me Loose

COPPER KNOB
STEP SHEETS

拍数: 32 墙数: 4 级数: High Beginner
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音乐: Turn Me Loose - Young Divas



Intro : 24 counts

No Tags or Restarts!

Sec1: Side, Behind, Side, Touch, Hip Bumping with Arm action

- 1 - 4 Angle your body left diag.(10:30) 1)Step RF side, 2)Step LF behind, 3)Step RF side, 4)Touch LF on place(pose L knee pop)
5 - 8 (5-8)Hip bumping R x4 moving both arms vertically from right to left in a circle

Sec2 Side, Cross, Side, Touch, Side Point R-L-R, Hold with Arm action

- 1 - 4 1)Step LF side, 2)RF Cross over LF, 3)Step LF side, 4)Touch RF next to LF(12:00)
5& 5)Point RF side with stretching R hand up, &)Step RF together with R hand down
6& 6)Point LF side with stretching L hand up, &)Step LF together with L hand down
7&8 7)Point RF side with stretching R hand up, &)down R hand shoulder-high, 8)Stretch R hand to left side

Sec3: Cross Point R-L with Arm action, Pivot 1/2 L, Walk, Walk

- 1&2 1)RF Cross over LF with stretching L hand up, &) down L hand shoulder-high, 2)Point LF side with stretching L hand to right side
3&4 3)LF Cross over RF with stretching R hand up, &) down R hand shoulder-high, 4) Point RF side with stretching R hand to left side
5 - 8 5)Step RF fwd, 6)Turn 1/2 L weight on LF, 7)Step RF fwd, 8)Step LF fwd(6:00)

Sec4: Hip Roll & bump L-R, Paddle turn 1/8 L x2

- 1 - 2 1)Step RF side with hip roll from L to R, 2)Bump L Hip up
3 - 4 3)Hip roll from R to L weighting on LF, 4)Bump R Hip up
5 - 6 5)Step RF fwd with hip roll turning 1/8 L, 6)Recover on LF
7 - 8 7)Step RF fwd with hip roll turning 1/8 L, 8)Recover on LF(3:00)

Option: When you bump L hip, point right index finger to L diag. And bump R hip, point left index finger to R diag.

Begin the dance again!
Hope you enjoy Disco!

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