

Get Loose!!

拍数: 32 墙数: 4 级数: Improver
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音乐: Get Loose - AGNEZ MO & Ciara



DANCE BEGIN APPROX 34 SECONDS

SECTION 1: SKATE R-L-R-L, KICKBALL POINT R-L

1-4 Skate RF forward, skate LF forward, skate RF forward, skate LF forward.
5&6 Kick RF forward, close RF beside LF, point LF to L side.
7&8 Kick LF forward, close LF beside RF, point RF to R side.

SECTION 2: ANCHOR STEP R-L, ½ L TURN WITH SWEEP, SLIDE WITH FLICK

1&2 Step RF behind LF, step LF in place, step RF back.
3&4 Step LF behind RF, step RF in place, step LF back.
5-6 Turn ½ L step RF back while sweeping LF from front to back, step LF behind RF (06.00).
7-8 Big step RF to R side, close LF next to RF while flick RF to R side.

SECTION 3: CROSS SHUFFLE , SIDE ROCK (R-L)

1&2 Cross RF over LF, step LF to L side, cross RF over LF.
3-4 Rock LF to L side, recover on RF.
5&6 Cross LF over RF, step RF to side, cross LF over Rf.
7-8 Rock RF to R side, recover on LF (06.00).

SECTION 4: STEP, LOCK, STEP BACK WITH SWEEP, SAILOR STEP, ¼ SAILOR TURN L WITH SWEEP, CLOSE, SLIDE

1-2 Step RF forward while lock LF behind RF, step LF back while sweeping RF from front to back.
3&4 Step RF behind LF, step LF to L side, step RF to R side.
5&6 Turn ¼ L while sweeping LF from front to back and step LF behind RF, step RF to R side, step LF to L side (09.00).
&7-8 Close RF beside LF, big step LF to L side, close RF beside LF.

TAG AFTER WALL 4, 4 COUNTS SWING HIPS:

&1 Step RF to R side while swing hip to R
&2 Swing hip to L and R
&3 Swing hip to L and R
&4 Swing hip to L and R

RESTART ON WALL 5 AFTER 12 COUNTS

THANK YOU.. ENJOY THE DANCE!!
