

# 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!!