

# Get Loose

拍数: 32      墙数: 2      级数: Improver  
编舞者: Heru Tian (INA) - July 2023  
音乐: Get Loose - AGNEZ MO & Ciara



No Tag, No Restart

## Section 1 : Walks, Sync V Step, Side, Behind Touch, Side Chasse with 1/4L

12                    Walk R Fwd (1), Walk L Fwd (2)  
&3&4                Step R Fwd to R Diagonal (&), Step L Fwd to L Diagonal (3), Step R Back to Center (&), Step L next to R (4)  
56                    Step R to Side (5), Touch L Behind R (6)  
7&8                   Step L to Side (7), Step R next to L (&), 1/4L, Step L Fwd (8) facing 9.00

## Section 2 : Fwd Mambo, Back Lock Shuffle, Back, Together, Fwd, 1/2L Heel Bounce

1&2                   Rock R Fwd (1), Recover on L (&), Step R back (2)  
3&4                   Step L back (3), Lock R over L (&), Step L back (4)  
56                    Step R back (5). Step L next to R (6)  
7&8                   Step R fwd (7), Rise both heels, make 1/2L (&), Return both heels (8) facing 3.00

## Section. 3 : Coaster, Kick Ball Change, Heel Switches, Big Step Fwd, Together

1&2                   Step L back (1), Step R next to L (&), Step L Fwd (2)  
3&4                   Kick R fwd (3), Ball R behind L (&), Step L in place (4)  
5&6&                Tap R Heel Fwd (5), Close R next to L (&), Tap L Heel Fwd (6), Close L next to R (&)  
78                    Take a long step R Fwd (7), Step L next to R (8)

## S4 : Diagonal Back & Touch (X2), 1/4L Side (X3), Together

1234                Step R back to R Diagonal (1), Touch L next to R (2), Step L back to L Diagonal (3), Touch R next to L (4)  
5678                1/4L, facing 12.00, Step R to Side (5), 1/4L facing 9.00, Step R To Side (6), 1/4L, facing 6.00, Step R to Side (7), Step L next to R (8)

Start again...

Enjoy the dance

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