

Let's Get Loud

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Michele Etherington (UK)
音乐: Let's Get Loud - Jennifer Lopez



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- 1 Step left foot to left side
2 Cross rock right foot over left
3 Replace weight onto left foot
4 Sweep right toe from front to back, crossing behind left foot
&
5 Step left foot next to right
6 Step right foot to right side making $\frac{1}{4}$ turn to right
7 Step forward on left foot
8 Make $\frac{3}{4}$ turn to right stepping onto right foot
- 8&1 Shuffle forward left, right, left
2 Kick right foot forward
3 Making $\frac{1}{2}$ turn left, step back onto right foot
4 Kick left foot forward
&
5 Step left foot next to right
6 Step forward on right foot
7 Step onto left foot pushing right hip to right
8 Step onto right foot pushing left hip to left
&
8 Cross left foot over right
&
8 Step right foot to right side
- 1 Step left foot next to right, making $\frac{1}{4}$ turn to left, at the same time brush right toe back
2 Brush right toe next to left foot
3 Touch right toe in front of left foot
4&5 Shuffle forward right, left, right
6-7 Sweep left foot from back to front making $\frac{1}{4}$ turn right
&
8 Touch left toe in front of right foot keeping weight on right
8&1 Cross left over right, step to right on right foot, cross left over right
- 2 Rock to side on right foot
3 Replace weight onto left
4&5 Making $\frac{1}{4}$ turn to left, shuffle forward, right, left, right
6 Cross rock left over right
7 Replace weight onto right
8&1 Shuffle left stepping left, right, left (alternatively make a full turn to the left)
- Count 1 begins the dance again**

REPEAT
