

Let's Get Loud

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Tony G. Young (UK)
音乐: Let's Get Loud - Jennifer Lopez



KICK BALL CHANGE, SIDE ROCK, RIGHT SAILOR STEP, ½ TURN

1&2 Kick right foot forward, step back on right foot, step in place with left foot
3-4 Step right foot to right side, rock weight back onto the left foot
5&6 Step right foot behind left foot, step left foot in place, step right foot to the right side
7-8 Step left foot forward and pivot ½ turn to the right
9-16 Repeat above starting on the left foot

¼ TURN RIGHT VINE WITH HOLD, ½ TURN & KICK BALL CHANGE

17-19 Step right foot to the right, cross left foot behind right, step right foot to right making ¼ turn right
20 Hold
21-22 Step left foot forward, pivot ½ turn right shifting the weight onto the left foot
23&24 Kick right foot forward, step right foot back, step left foot in place

½ MONTEREY TURN, ¼ TURN SAILOR STEP

25-26 Touch right foot to right side, bring right foot back to place while making ½ turn right on ball of left foot
27-28 Touch left foot to left side, step left foot next to right foot
29-30 Step right foot forward, pivot ¼ turn to the left
31&32 Step right foot behind left, step left foot in place, step right foot to right side

CROSS ROCK & CHASSE TWICE

33-34 Cross step left foot over right, rock weight onto the right foot
35&36 Step left foot to left side, step right foot next to left foot, step left foot to left side
37-38 Cross step right foot over left, rock weight back onto the left foot
39&40 Step right foot to the right side, step left foot next to right, step right foot to right side

SYNCOPATED LEFT VINE WITH A TOUCH, CROSS TOUCH, CROSS UNWIND ½

41-42 Step left foot to left side, cross right foot behind left foot
43&44 Step left foot to left side, cross right foot in front of left foot, touch left toe to left side
45-46 Cross left foot in front of right foot, touch right toe to right side
47-48 Cross right foot in front of left foot, unwind ½ turn to left

HEEL TOUCHES & HOOK TWICE

49& Touch right heel forward, step right next to left
50& Touch left heel forward, step left next to right
51& Touch right heel forward, hook right leg in front of left knee,
52& Touch right heel forward, step right foot next to left
53& Touch left heel forward, step left foot next to right
54& Touch right foot forward, step right foot next to left foot
55& Touch left foot forward, hook left leg in front of right knee
56& Touch left heel forward, touch left foot next to right

ROCK, COASTER STEP, MAMBO FORWARD, MAMBO BACK

57-58 Step forward onto the left foot, rock weight back onto the right foot
59&60 Step left foot backward, step right foot next to left foot, step left foot forward

61&62

Step right foot forward, step left foot in place, step right foot next to left foot

63&64

Step left foot backwards, step right foot in place, step left foot next to right foot

REPEAT
