

Losin' It

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Guys Do It All the Time - Mindy McCready



STEP, TOUCH-CLAP, TURN, TRIPLE-STEP, CROSS-UNWIND

- 1 Step left foot to left
- 2 Tap right toe next to left foot and clap
- 3 (Weight on left) pivot $\frac{1}{2}$ turn to left and step down on right foot (to right)
- 4 Tap left toe next to right foot and clap
- 5 Step left foot to left (begin triple step to left)
- & Slide right foot to left & put weight on right foot
- 6 Step left foot to left
- 7 Cross right foot over left
- 8 Unwind $\frac{1}{2}$ turn to left (end with weight on left foot)

DOUBLE KICKS AND COASTER STEP (RIGHT AND LEFT)

- 1 Kick right foot forward
- 2 Kick right foot forward
- 3 Step back on right foot (begin coaster step)
- & Step left foot next to right foot
- 4 Step forward on right foot
- 5 Kick left foot forward
- 6 Kick left foot forward
- 7 Step back on left foot (begin coaster step)
- & Step right foot next to left foot
- 8 Step forward on left foot

PIVOT TURN, POLKA FORWARD, HIP BUMPS

- 1 Step forward on right foot
- 2 Pivot on right foot $\frac{1}{2}$ turn to left (keep weight on right foot)
- 3 Step forward on left foot (begin polka step)
- & Step right foot next to left foot
- 4 Step forward on left foot
- 5 Step forward on right foot (bump right hip forward)
- & Bump right hip back
- 6 Bump right hip forward
- 7 Step forward on left foot (bump left hip forward)
- & Bump left hip back
- 8 Bump left hip forward

REVERSE FIRST 8 COUNTS

- 1 Step right foot to right
- 2 Tap left toe next to right foot and clap
- 3 (Weight on right) pivot $\frac{1}{2}$ turn to right and step down on left foot (to left)
- 4 Tap right toe next to left foot and clap
- 5 Step right foot to right (begin triple step to right)
- & Slide left foot to right & put weight on left foot
- 6 Step right foot to right
- 7 Cross left foot over right
- 8 Unwind $\frac{1}{2}$ turn to right (end with weight on right foot)

REPEAT
