

I Like It Loud

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Let's Get Loud - Jennifer Lopez



ROCK LEFT SIDE, RECOVER RIGHT, TRIPLE IN PLACE, ROCK RIGHT SIDE, RECOVER LEFT, TRIPLE IN PLACE

1-2 Rock left to left side, recover on right
3&4 Triple in place left, right, left
5-6 Rock right to right side, recover on left
7&8 Triple in place right, left, right

ROCK FORWARD, BACK, SHUFFLE BACK, ROCK BACK AND FORWARD, SHUFFLE FORWARD

1-2 Rock forward on left, back on right
3&4 Shuffle back left, right, left
5-6 Rock back on right, forward on left
7&8 Shuffle forward right, left, right

STEP SIDE, HOLD, 2X, ¼ TURN LEFT, ½ TURN LEFT, SHUFFLE FORWARD

1-2 Step left to left side, hold and snap fingers at sides at eye level
&3-4 Step right next to left, step left to left side, hold and snap fingers at sides with arms down
5-6 Step right ¼ left, pivot and turn ½ left (weight is on left)
7&8 Shuffle forward right, left, right

ROCK FORWARD AND BACK, FULL TURN LEFT, TOE STRUTS BACK

1-2 Rock forward on left, back on right
3&4 Turn ¼ left on left, turn ¼ left stepping forward on right, turn ½ left stepping back on left (you will have made a full turn left moving slightly backwards)
5-6 Touch right toe back, step down on right heel (bend knees slightly)
7-8 Touch left toe back, step down on left heel (bend knees slightly)

RIGHT AND LEFT SIDE ROCKS, RECOVER, CROSSES, TRAVELING KICK-BALL-CHANGE

1&2 Rock right to right side, recover left, cross right over left
3&4 Rock left to left side, recover right, cross left over right (you will be moving slightly forward on 2 and 4 above when crossing)
5&6 Right kick-ball-change (travel forward)
7&8 Right kick-ball-change (travel forward)

RIGHT AND LEFT HIP BUMPS FORWARD, STOMP FORWARD, HOLD AND CLAP, ROLL HIPS

1&2 Step right slightly forward while bumping hips right, left, right
3&4 Step left slightly forward while bumping hips left, right, left
5-6 Stomp right forward, hold and clap
7-8 Roll hips to the left ending with weight on right

REPEAT
