

Get Loose

拍数: 64 墙数: 2 级数: Intermediate/Advanced
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音乐: Bringin' Da Noise - *NSYNC



POINT ¼ TURN, HEEL JACK, HITCH, SLAP, POINT, HITCH, POINT

- 1-2 With weight on right foot point left foot to left side, pivot ¼ turn to your left on your right foot bringing left foot home and stepping on it
- &3&4 Step back on your right foot, tap left heel forward, bring left foot home and step on it, touch your right foot next to your left foot
- 5&6 Scuff right foot, hitch right leg up and slap right knee with right hand at the same time, touch right foot next to left foot
- 7&8 Touch right foot to right side, hitch right knee bringing it towards body, touch right foot to right side again

CROSS, UNWIND, BODY-ROLLS, KICK ¼ TURN

- 1-2 Cross right foot in front of left foot, unwind ½ turn to your left leaving weight on your right foot
- 3-4 Body-roll to the right with weight ending up on your right foot
- 5-6 Body-roll to the left with weight ending up on your left foot
- 7&8 Kick right foot forward, bring right foot back home and step on it, ¼ turn to your left pointing left foot forward

HIP BUMPS, CROSS BACK STEP, & KICK, CROSS, POINT

- &1&2&3&4 With weight on right and left foot in front bend knees and sit back and bump up straightening legs keeping weight on right foot (you should sit twice)
- 5&6 Bring left foot back crossing in front of right foot, step back on right foot and step on left foot to left side
- 7&8 Kick right foot in front crossing right foot in front of left foot and point left foot to left side

CROSS & CROSS, ROCK STEP, VAUDEVILLE

- 1&2 Cross left foot in front of right foot, step to the side with right foot, cross left foot in front of right foot
- 3-4 Step to the right with right foot, rock and replace weight on left foot
- 5&6 Cross right foot in front of left foot, step back on left foot and tap right heel forward
- &7&8 Step back on right foot, cross left foot in front of right foot, step back on right foot and tap left heel forward

HOOK AND FLICK AND KICK-BALL TOUCH

- 1-2 Hook left leg in front of right knee, pivot ¼ turn to your right, flick your left leg back
- 3&4 Kick left foot in front, bring it home and step on it and touch your right foot next to your left foot
- 5-6 Hook right leg in front of left knee, pivot ¼ turn to your left flick your right leg back
- 7&8 Kick right foot in front, bring it home and step on it and touch your left foot next to your right foot

CHASSE` LEFT ROCK STEP, CHASSE` RIGHT ROCK STEP

- 1&2 Step to the left side with left foot, together with the right foot, to the left side with the left foot
- 3-4 Rock right foot behind left foot, replace your weight on your left foot
- 5&6 Step to the right side with right foot, together with the left foot, to the right side with the right foot
- 7-8 Rock left foot behind right foot, replace your weight on your right foot

STEP ½ TURN HOOK, TRIPLE-STEP, ROCK REPLACE, SAILOR-STEP

- 1-2 Step forward on your left foot, pivot ½ turn to your right hooking right leg up over left shin with right leg bent at right knee
- 3&4 Triple-step traveling forward right, left, right
- 5-6 Step to the left side with left foot, rock and replace weight on right foot
- 7&8 (sailor-step) step left foot behind right foot, step right foot to right side, replace weight onto left foot

KICK-BALL TOUCH, HEEL-JACK, HIP BUMPS

- 1&2 Kick right foot forward, bring right foot home and step on it, touch left foot next to right foot
- &3&4 Step back on your left foot, tap right heel forward, step on your right foot, bring left foot home and touch left foot next to right foot
- 5&6 Two hip bumps forward slightly to the left changing weight to left foot
- 7&8 Two hip bumps forward slightly to the right changing weight to right foot

REPEAT
