

Get Loud

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Linda Burgess (AUS)
音乐: Let's Get Loud - Jennifer Lopez



- 1-2 Cross/rock right over left, replace weight to left
3&4 Shuffle to right side (right-left-right)
5-6 Turn ¼ right, step forward on left & pivot ½ turn right
7&8 Shuffle forward left (left-right-left)
- 1&2 Mambo steps - (knees slightly bent) step right to right side, step left in place, step right beside left
3&4 Mambo steps - (knees slightly bent) step left to left side, step right in place, step left beside right
- Look to right on count 1, look front on count 2, repeat to left count 3 etc**
5-6 Step forward right, pivot ½ turn left (weight on left)
7&8 Kick right forward, ball change right-left
- 1&2 (Cross samba) cross right in front of left, step left to left side on ball of foot, step right in place
3&4 Shuffle forward left (left-right-left)
5&6 Turn ½ turn right shuffle forward right (right-left-right)
7&8 Turn ½ turn left shuffle forward left (left-right-left)
- 1&2& (Right heel ball cross & step/hop) tap right heel to a right 45 degrees, step back on ball of right foot, cross left in front of right, hop weight onto right (count &)
3&4& (Left heel ball cross & step/hop) tap left heel to a left 45 degrees, step back on ball of left foot, cross right in front of left, hop weight onto left (count &)
5-6 Step forward right, pivot ½ turn left (weight on left)
7-8 Turn ½ turn left step back on right, turn ½ turn left & step forward on left (full turn left)

REPEAT

RESTART

On walls 2 & 10, just dance the first 16 counts on both these walls, then restart the dance from the beginning

FINISH

Step forward on right foot to a left 45 degrees and raise arms up to a "V" above head on last count
