

Get Loud

COPPER KNOB
BY STEPHENETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Jane Wardell (USA)
音乐: Let's Get Loud - Jennifer Lopez



LEFT SAILOR-HEEL, TOE-TOUCH KNEE POPS LEFT/RIGHT/LEFT, ¼ TURN LEFT WITH LEFT KNEE ROLL, LEFT HEEL JACK

- 1&2 Step left behind right & step right to right side, touch left heel forward
3-4 Touch left toes to right instep (left knee bent), step left touching right toes to left instep (right knee bent)
5-6 Step right (left knee bent), roll left knee forward into ¼ turn left lowering left heel (right knee bent)
&7&8 Step back right, touch left heel forward & step left together, touch right

RIGHT SAILOR-HEEL, TOE-TOUCH KNEE POPS RIGHT/LEFT/RIGHT, ¼ TURN RIGHT WITH RIGHT KNEE ROLL, RIGHT HEEL JACK

- 1&2 Step right behind left & step left to left side, touch right heel forward
3-4 Touch right toes to left instep (right knee bent), step right touching left toes to right instep (left knee bent)
5-6 Step left (right knee bent), roll right knee forward into ¼ turn right lowering right heel (left knee bent)
&7&8 Step back left, touch right heel forward & step right together, touch left together

LEFT ROCK FORWARD/RECOVER RIGHT, LEFT STEP FORWARD/TOGETHER RIGHT, 1-½ TURN BACK RIGHT (RIGHT/LEFT/RIGHT), TOUCH LEFT

- 1-2 Rock forward left, recover right
3-4 Step forward left, touch right together
5-6-7 Travel back ½ turn right step right, ½ turn right step left, ½ turn right step right
8 Touch left together

LEFT SIDE/SHIMMY, RIGHT TOGETHER/HOLD & CROSS/LEFT SIDE, 2 KNEE BOUNCES WITH FINGER SNAPS

- 1-2-3-4 Step left to left side, shimmy shoulders, step right together, hold
&5-6 Step back left, cross-step right over left, step left (shoulder width apart)
7-8 Knee bounce in place 2x, snapping fingers with each bounce

RIGHT SIDE/SHIMMY, LEFT TOGETHER/HOLD & CROSS/RIGHT SIDE, 2 KNEE BOUNCES WITH FINGER SNAPS

- 1-2-3-4 Step right to right side, shimmy shoulders, step left together, hold
&5-6 Step back right, cross-step left over right, step right
7-8 Knee bounce in place 2x, snapping fingers with each bounce

LEFT SIDE/TOGETHER, LEFT FORWARD/TOUCH RIGHT, SYNCOPATED VINE RIGHT WITH ¼ TURN RIGHT/TOUCH RIGHT WITH SNAP

- 1-2-3-4 Step left to left side, step right together, step forward left, touch right together
5-6 Step right to right side, cross-step left behind right
&7-8 Step right ¼ turn, step left front of right, touch right together with finger snap

RIGHT SIDE/TOGETHER, RIGHT SIDE/TOUCH LEFT, LEFT FORWARD/HOLD, ¾ TURN LEFT/TOUCH RIGHT

- 1-2-3-4 Step right to right side, step left together, step right to right side, touch left together
5-6-7-8 Step forward left, hold, pivot on left, ¾ turn left, touch right together

TOE SWITCHES, RIGHT SIDE POINT & ¼ TURN RIGHT-POINT RIGHT, HOLD/CLAP & POINT LEFT/HOLD & POINT RIGHT & LEFT

- 1&2 Point right foot to right side & touch together right, pivot on left ¼ turn right pointing right foot to right side
- 3-4 Hold, clap
- &5-6 Step together right, point left foot to left side, hold/clap
- &7-8 Step together left, point right foot to right side & step together right, point left foot to left side

REPEAT
