

Decibel Level

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Robyn-April Rivard-Darby (USA)
音乐: Let's Get Loud - Jennifer Lopez



All rock steps throughout the dance are intended to be executed in 5th position (heel to toe or toe to heel, front foot turned diagonally out). Ideally, use Cuban motion throughout for intermediate and advanced dancers.

PUSH N' FRONT, PUSH N' FLICK

- 1 Step right foot to right side, feet no more than shoulder width apart, rocking weight to it
- & Rock weight to left foot
- 2 Step right foot forward, weight on it
- 3 Step left foot to left side, feet no more than shoulder width apart, rocking weight to it
- & Rock weight to right foot
- 4 Flick left leg back (as in a sharply executed low kick backward)

TRIPLE CROSS, ROCK STEP

- 5 Angling diagonally right, toward 1:00ish, begin left-right-left triple step in "crossed position" by crossing left over right foot, weight on left
- & Quickly step right foot behind left foot in locked position, weight on right foot
- 6 Complete triple step by stepping left foot diagonally forward toward 1:00ish
- 7 Squaring off toward 12:00, step right foot to right side, rocking weight to it
- 8 Rock weight to left foot

ROCK FRONT, LOCKING BACK, ROCK BACK

- 9 Step right foot forward, rocking weight to it
- 10 Rock weight back to left foot
- 11 Begin right-left-right locked triple step back by crossing right foot behind left foot, weight on right foot
- & Keeping in lock position, quickly step left foot back, weight on it
- 12 Complete locked triple by stepping right foot back, weight on it
- 13 Step left foot back, rocking weight to it
- 14 Rock weight forward to right foot

SIDE, ROCK STEP, SIDE, ROCK, TURN

- 15 Step left foot to left side, weight on it
- 16 Angling diagonally right, toward 1:00ish, step right foot back, rocking weight to it
- 17 Rock weight forward to left foot
- 18 Squaring off toward 12:00, step right foot to right side, weight on it
- 19 Rock weight back to left foot, prepping to turn $\frac{1}{4}$ left
- 20 Rock weight forward to right foot, completing $\frac{1}{4}$ turn left (facing 9:00)

LOCKING FRONT

- 21 Begin left-right-left locked triple step forward by stepping left foot forward, weight on it
- & Quickly cross right foot behind left foot in lock position, weight on right foot
- 22 Complete triple step by stepping left foot forward, weight on it, weight on it

STEP, PIVOT, CHASE-IT-BACK

- 23 Step right foot forward, weight on it
- 24 Pivot $\frac{1}{2}$ left, weight ending on left foot (facing 3:00)
- 25 Begin right-left-right $\frac{1}{2}$ triple step progressively back turn to left by stepping right foot toward 12:00ish, weight on it

- & Continue to turn, stepping left foot down in place
26 Complete triple step turn, stepping right foot back toward 3:00 (traveling back toward 3:00, while facing 9:00)

ROCK BACK, LOCKING FRONT

- 27 Step left foot back, rocking weight to it
28 Rock weight forward to right foot
29 Begin left-right-left locked triple step forward by stepping left foot forward, weight on it
& Quickly cross right foot behind left foot in lock position, weight on right foot
30 Complete triple step by stepping left foot forward, weight on it, weight on it

STEP, PIVOT

- 31 Step right foot forward, weight on it
32 Pivot ½ left, weight ending on left foot (facing 3:00)

REPEAT

TAG

This tag is danced during the introduction of the song, and to "Let's Get Loud" by Jennifer Lopez ONLY! Start the tag after 32 counts of introduction.

SIDE, ROCK STEP, CHA-CHA

- 1 Step right foot slightly to right side, weight on it
2 Step left foot forward, rocking weight to it
3 Step right foot back, rocking weight to it
4 Step left foot to left side, weight on it
& Quickly step right foot next to left foot, weight on right foot

SIDE, ROCK STEP, CHA-CHA

- 5 Step left foot slightly to left side, weight on it
6 Step right foot back, rocking weight to it
7 Rock weight forward to left foot
8 Step right foot slightly to right side, weight on it
& Quickly step left foot next to right foot, weight on left foot

SIDE, ROCK STEP, CHA-CHA, SIDE, ROCK STEP, CHA-CHA

- 9-16& Repeat counts 1-8& of tag

When selecting country music, try using West Coast Swing rhythm instead of the cha-chas. We prefer the feel and flow.
