

Crank It Up!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Peter Metelnick (UK)
音乐: Let's Get Loud - Jennifer Lopez



Start on the vocals after she sings "Let's Get" on the word "Loud"

RIGHT SIDE RIGHT, LEFT CROSS ROCK, RIGHT TOGETHER, LEFT SIDE LEFT, RIGHT CROSS ROCK

1 Step right foot to right side
2&3 Cross rock step left foot over right, recover weight on right foot, step left foot to left side
4 Step right foot together
5 Step left foot to left side
6&7 Cross rock step right foot over left, recover weight on left foot, step right foot to right side
8 Step left foot forward

RIGHT FORWARD, LEFT KICK BALL TOUCH, ¼ RIGHT PIVOT TURN, LEFT FORWARD, RIGHT KICK BALL TOUCH, ¼ LEFT PIVOT TURN

1 Step right foot forward
2&3 Kick left foot forward, step left foot together, touch right toes to right side
4 Pivot ¼ right on both feet with weight ending on right foot
5 Step left foot forward
6&7 Kick right foot forward, step right foot together, touch left toes out to left side
8 Pivot ¼ left on both feet with weight ending on left foot

RIGHT FORWARD TURNING ½ LEFT, LEFT SHUFFLE FORWARD, RIGHT&LEFT FORWARD, RIGHT SYNCOPATED JAZZ WITH ¼ RIGHT

1 Step right foot forward turning ½ left while lifting left foot
2&3 Step left foot forward, step right foot together, step left foot forward
4 Step right foot forward
5 Step left foot forward
6&7 Cross step right foot over left, step left foot back turning ¼ right, step right foot to right side
8 Step left foot forward

RIGHT FORWARD, LEFT ROCK FORWARD & RECOVER WITH ½ LEFT, RIGHT&LEFT FORWARD, RIGHT ROCK & RECOVER, RIGHT BACK, LEFT CROSS STEP

1 Step right foot forward
2&3 Rock step left foot forward, recover weight on right foot turning ½ left, step left foot forward
4 Step right foot forward
5 Step left foot forward
6&7 Rock step right foot forward, recover weight on left foot, step right foot back
8 Cross step left over right

REPEAT
