

# Break It Loose!

**COPPER** **NOB**  
STEPSHEETS

拍数: 40      墙数: 4      级数: Intermediate  
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音乐: Let's Get Loud - Jennifer Lopez



## ...RIGHT SIDE STEP/LEFT CROSS STEP/RIGHT STEP BACK, LEFT CHASSE (¼-LEFT), RIGHT FORWARD ROCK/RECOVER, RIGHT STEP BACK

- 1-2            Step right foot to right side, cross step left foot over right
- 3             Step right foot back
- 4&5          Step left foot to left side, step right foot to place beside left, step left foot to left side a ¼ turn left
- 6-7          Rock right foot forward, recover weight back onto left foot
- 8             Step right foot back

## LEFT SIDE STEP/RIGHT TOGETHER/LEFT STEP FORWARD, RIGHT CHASSE (¼-LEFT), LEFT COASTER STEP, RIGHT STOMP

- 9-10          Step left foot to left side, drag/step right foot to place beside left
- 11            Step left foot forward
- 12&13        Step right foot to right side, step left foot to place beside right, step right foot to right side a ¼ turn left
- 14&15        Step left foot back, step right foot to place beside left, step left foot forward
- 16            Stomp right foot to place beside left

## LEFT CHASSE, RIGHT BACK ROCK/RECOVER, RIGHT SIDE STEP/LEFT TOGETHER, RIGHT CHASSE (¼-RIGHT)

- 17&18        Step left foot to left side, step right foot to place beside left, step left foot to left side
- 19-20        Rock right foot back, recover weight onto left foot
- 21-22        Step right foot to right side, step left foot to place beside right
- 23&24        Step right foot to right side, step left foot to place beside right, step right foot to right side a ¼ turn right

## LEFT STEP/½ PIVOT RIGHT, LEFT STEP FORWARD, RIGHT SHUFFLE FORWARD, TOE SWITCHES FORWARD (LEFT&RIGHT&), LEFT STOMP FORWARD

- 25-26        Step left foot forward, pivot a ½ turn right
- 27            Step left foot forward
- 28&29        Step right foot forward, step left foot to place beside right, step right foot forward
- 30&          Touch left toe forward, step left foot to place beside right
- 31&          Touch right toe forward, step right foot to place beside left
- 32            Stomp left foot forward

## RIGHT STOMP FORWARD, CLAP, RIGHT STOMP FORWARD, CLAP, LEFT STOMP FORWARD/½-RIGHT/RIGHT STOMP FORWARD, LEFT STOMP, RIGHT SIDE STEP/LEFT TOGETHER

- 33            Stomp right foot forward
- &34          Clap hands twice
- &35          Stomp left foot to place beside right, stomp right foot forward
- &36          Clap hands twice
- 37&          Stomp left foot forward, quick ½ turn right on ball of left foot (lifting right foot slightly)
- 38-39        Stomp right foot forward, stomp left foot to place beside right
- 40&          Step right foot to right side, step left foot to place beside right.

**REPEAT**

