

Shawty Get Loose!!

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Advanced Newline
编舞者: Shaz Walton (UK) - April 2008
音乐: Shawty Get Loose (feat. Chris Brown & T-Pain) - Lil Kim : (available on US iTunes)



Count in if you dance the Intro: 16 Counts (Bpm – 124)
Count in if NOT dancing the Intro: 32 Counts on the lyrics “how the...”

INTRODUCTION: 16 count Intro - Optional

Ball Cross. Side. Reverse shoulder rolls x2. Forward shoulder rolls. Head back.

- &1-2 Step left beside right. Cross right over left. Step left to left side.
- 3-4 Roll right shoulder backwards. Roll left shoulder backwards.
- 5-6-7-8 roll both shoulders forward over 2 counts dropping your head. Making an upper body roll over 2 counts bring your head back on count 8

(Lyrics: The way we get loose we move our shoulders, forward, heads, back)

Ball cross (see arms) side. Arm extension. Right knee in-out. Ball Point. Drag. Touch. Hitch. Step.

- &1-2 Step left beside right. Cross right over left. Step left to left side.
- Arms: Count 1 – bring left palm up to face as right arm crosses to left diagonal with palm facing forward (drop your head)**
- Count 2 – bring left arm down by your side. Extend right arm out & around until extended out to right.**
- 3-4 Bring right arm down and move in time with right knee as you swing right knee in towards left (3) swing right knee out to right (taking right arm with you) weight drops on to right. (lyrics: Get it in control like Janet jack)
- &5-6 Step left beside right. Touch right to right as you dip low. Slide right beside left- weight on right.
- 7&8 Touch left to left side. Hitch left up. Step left slightly forward.

THE DANCE

Running man steps. Hitch. Step back. Ball ¼ cross. ¼. Ball cross. Out. Out.

- 1&2 Jump with right to right diagonal & left to left diagonal back. Step right beside left as you hitch left knee. Jump with left to left diagonal forward & right diagonal back
- &3-4 Step onto right as you hitch your left knee. Step on to left as you hitch your right knee. Take your hitched right back and step weight onto it.
- &5-6 Step your left beside right. Make a ¼ turn right as you cross step right over left (DIP!) Make ¼ left stepping left forward.
- &7-&8 Step right beside left. Make ¼ left as you cross step left over right (DIP!) Step right to right. Step left to left.

Lean hitch. Lean hitch. Sailor ½ right. Bent knee ¾ turn right.

- &1 Step right to right. Hitch/raise your left knee (towards left diagonal) as you lean to right diagonal back and bend right knee.
- &2 Step left to left. Hitch/raise your right knee (to right diagonal) as you lean to left diagonal back and bend right knee
- 3&4 Cross step right behind left. Step left to left. Make ½ right stepping right forward.
- 5-6 (Keeping both knees bent for next 4 counts) - step left to left side. Make ¼ turn right stepping right to right side.
- 7-8 Make ¼ turn right stepping left to left side. Make ¼ turn right stepping right to right side.

Cross jump. Jump Hitch. ½ turn left. (all with back bend) Step. Sailor ½ left. Right sailor step. Sailor ¼ left (with dips & attitude)

- &1 Jump as you cross your left over your right. Jump onto right hitch left knee away from body. . (bend right knee)

- 2-3 Make a ½ turn left as you bend backwards raising left knee and stepping left down. Step forward right.
- 4&5 Sailor ½ turn left. (Bouncing, dipping all steps & giving attitude)
- 6&7 Right sailor Step (Bouncing, dipping all steps & giving attitude)
- 8&1 Sailor ¼ left (Bouncing, dipping all steps & giving attitude)

Turn ¼ pivot. Diagonal jumps back x4. Side. Rock. Recover x 2 with windmill arms.

- 2 Make ¼ pivot right. (bring feet together)
- 3& Keeping feet together & knees tight-make a small jump to right diagonal back. Make small jump to left diagonal back
- 4& Keeping feet together & knees tight-make a small jump to right diagonal back. Make small jump to left diagonal back
- 5-6& Take a big step to right (bouncing as you go) pointing left toes up. Rock left behind right. Recover on right. (Right arm makes a large anti clockwise circle)
- 7-8& Take a big step to left (bouncing as you go) pointing right toes up. Rock right behind left. Recover on left. (Left arm makes a large clockwise circle)

Big step. Slide. Run down the stairs. Big step. Step back. Ball. Walk forward left-right.

- 1-2 Step right a big step forward. Slide left in place. (weight on left)
- 3&4& Run forward R-L-R-L (small steps as you go lower & lower as if running down imaginary stairs)
- 5-6 Take a big step back (straightening up) step left back.
- &7-8 Step right beside left. Walk forward left. Walk forward right.

Step pivot ½ right. Ball.Walk Walk. Step ½ pivot right. Jump out out. Jump Together. Hitch. .

- 1-2 Step forward left. Make ½ pivot turn right. (Weight back on left)
- &3-4 Step right beside left. Step forward left. Step forward right.
- 5-6 Step forward left. Make ½ pivot turn right. (Counts 1-2-3-4 make sure you use full use of your upper body- let it roll)
- &7 Jump right foot to right side. Jump left foot to left side.
- &8& Jump bring feet together. Jump with feet apart. Hitch left knee.

*** Both restarts here - 2nd & 4th wall. Replace the hitch (&) with a step Left beside right & hitch right to be able to start the dance again.**

Step forward. Step ¼ left. Sailor ¼ left. Step ¼. Crouched spiral ¾ turn. Chase ½ turn (all left)

- 1-2 Step forward on left foot. Make ¼ turn left stepping right to right side.
- 3&4 Sailor ¼ left.
- 5-6 make ¼ turn left stepping Right to right side. Make a ¾ turn left with feet together. Bending knees & crouching as low as you can go!
- 7&8 Step forward right. Make ½ turn left. Step right forward.

Step forward. Side rock. Recover. Step(windmill arm) coaster, rigid leg. Side hitch. Sailor ½ turn left.

- 1-2&3 Step forward left. Rock out to right. Recover on left cross step right over left. Again- circle right arm anti clockwise on counts 2&3)(be bendy!)
- 4& Step back left. Step back right.
- 5-6 keeping left leg rigid and toes pointing up with arms parallel to left leg make a low kick. Swing & hitch left leg at 90 degree angle to left side

Bring right fist in front of chest & left arm extended to left side.

- 7&8 Make a sailor ½ turn left- weight ending on left

START OVER

****Please take out what ever you want to make it comfortable for you.**

Notes:

Restarts x 2

First restart- 2nd wall. Restart the dance after count 48 (facing the back)

Second restart – 4rd wall restart the dance again after count 48 – you will be facing the front – replace the hitch (&) with a step & hitch right knee)
