

Get Loud & Swings

拍数: 48 墙数: 4 级数: Improver
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音乐: Let's Get Loud - The Baseballs



Intro: 16 count start on the words "Let's Get Loud" (11 sec) (" No Tags" No Restarts")

Sec 1: 1-8 Back Rock / Recover, 1/4 Pivot L, Cross Rock / Recover, Side, Syncopated Weave R, Cross Rock / Recover, side

- 1&2& Rock back on Rf, Revover on Lf, step forward on Rf, making a 1/4 turn left (9) and take weight onto Lf
3&4 Cross rock forward on Rf, recover on Lf, and step Rf out to the right side weight onto Rf
5&6& Cross Lf over Rf, step Rf to the right side, step Lf behind Rf, and step Rf to the right side weight onto Rf
7&8 Cross rock forward on Lf, recover on Rf, and step Lf out to the left side weight onto Lf (9:00)

Sec 2: 9-16 Syncopated Weave L, Cross Rock / Recover, Cross, 1/4 Turn, Back, Back, Step Fwd, Jump Fwd

- 1&2& Cross Rf over Lf, step Lf to the left side, step Rf behind Lf, and step Lf to the left side weight onto Lf
3&4 Cross rock forward on Rf, recover on Lf, and step Rf out to the right side weight onto Rf
5&6 Cross Lf over Rf, making a 1/4 turn left (6) and step back on Rf, and step back on Lf weight onto Lf
7-8 Step forward on Rf, step Lf next to Rf and jump forward on both feet weight onto both feet (6:00)

Sec 3: 17-24 R Diagonal Kick Fwd, Behind, Side, Fwd, L Diagonal Kick Fwd, Behind, Side, Fwd, 1/2 Pivot L, 1/4 Pivot L

- 1&2& Kick diagonal forward on Rf, step Rf behind Lf, step Lf to the left side, and step forward on Rf weight onto Rf
3&4& Kick diagonal forward on Lf, step Lf behind Rf, step Rf to the right side, and step forward on Lf weight onto Lf
5-6 Step forward on Rf, making a 1/2 turn left (12), and take weight onto Lf
7-8 Step forward on Rf, making a 1/4 turn left (9), and take weight onto Lf

Sec 4: 25-32 Sailor Heel, Replace, Cross, Side, Heel, Replace, 1/4 Pivot L, Run Fwd R-L, & Heel

- 1&2& Cross Rf behind Lf, step Lf to the left side, and tap R heel diagonal forward, and step Rf back in place weight onto Rf
3&4& Cross Lf over Rf, step Rf to the right side, and tap L heel diagonal forward, and step Lf back in place weight onto Lf
5-6 Step forward on Rf, pivot 1/4 left (6) and take weight onto Lf
7&8 Stepping forward on Rf, and stepping forward on Lf, and bring right heel forward (toes up) and holding weight onto Lf (6:00)

Sec 5: 33-40 Kick & Side Rock / Recover (Slightly Forwards) R-L, 1/2 Pivot L, 1/4 Pivot L

- 1&2& Kicking forward on Rf, step Rf back in place, rock Lf to the left side, recover on Rf weight onto Rf
3&4& Kicking forward on Lf, step Lf back in place, rock Rf to the right side, recover on Lf weight onto Lf
5-6 Step forward on Rf, making a 1/2 turn left (12), and take weight onto Lf
7-8 Step forward on Rf, making a 1/4 turn left (9), and take weight onto Lf

Sec 6: 41-48 Kick, Step, Kick, Step, Kick, Out, Out, Close Stomp, Both Toe Lift, Out, Both Toe Lift

- 1& Kick forward on Rf, step Rf back in place (slightly forward)

- 2& Kick forward on Lf, step Lf back in place (slightly forward)
- 3&4 Kicking forward on Rf, step Rf out to the right side, and step Lf out to the left side weight onto both feet
- 5&6 Stomp Rf next to Lf, and rolling back on both heels and lift your both toes up, recover on both feet weight onto both feet
- 7&8 Step Rf out to the side, rolling back on both heels and lift your both toes up and replace weight onto both feet (9:00)

Start Again And Have Fun On The Floor!

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