

# Get Loud & Swings

拍数: 48      墙数: 4      级数: Improver  
编舞者: Sebastiaan Holtland (NL) & Brandon Cheung (AUS) - April 2010  
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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