

Gettin' Loose

COPPERKNOB
BY SHEETS

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Chris Highbaugh (USA) - December 2016
音樂: Greenlight (feat. Flo Rida & LunchMoney Lewis) - Pitbull



Start dance after lyric "you know what time it is."

BACK, TOUCH, BACK, TOUCH, KICK-BALL-CHANGE, STEP, TOUCH

- 1-2 Step back diagonally to right with R, touch L next to R and snap fingers
- 3-4 Step back diagonally to left with L, touch R next to L and snap fingers
- 5&6 Kick R forward, step R to place, change weight to L
- 7-8 Step forward R while doing a body roll up (lead with hips, then chest), touch L next to R

¼ TURNING JAZZ BOX w/ CROSS, ¾ TURN, LEFT FORWARD SHUFFLE

- 1-2 Cross L over R, turn ¼ left while stepping back on R (9:00)
- 3-4 Step L to left side, cross R over L
- 5-6 Turn ¼ right while stepping back on L, turn ½ right while stepping forward on R (6:00)
- 7&8 Step forward on L, step R next to L, step forward on L

SYNCOATED SIDE ROCKS (x2), ¼ TURN SYNCOATED SIDE ROCK, LEFT SIDE SHUFFLE

- 1-2& Rock R to right side, recover onto L, step R next to L
- 3-4& Rock L to left side, recover onto R, step L next to R
- 5-6& Turn ¼ left while rocking R to right side, recover onto L, step R next to L (3:00)
- 7&8 Step L to left side, step R next to L, step L to left side

KICK-BALL-TOUCH, ¼ TURN WITH TWISTING HEELS, ¼ TURN RECOVER, SIDE, HOLD, BEHIND-SIDE (x2)

- 1&2 Kick R forward, step R to place, touch L toe back
- 3-4 Turn ¼ left while swiveling heels to right (12:00), turn ¼ right recovering heels (weight ends on R) (3:00)
- 5-6 Step L to left side, hold
- &7 Step R behind L while popping left knee up, step L to left side
- &8 Step R behind L while popping left knee up, step L to left side

BEGIN AGAIN!

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