

Let'em Loose

拍數: 48 牆數: 4 級數: Improver
編舞者: Moni Hartmann (DE) - August 2019
音樂: Let 'em Loose - Ben Rue



Begin after 16 counts

RF Rock forward - Shuffle back - LF Rock back - Shuffle forward

1,2 RF step forward, weight back on LF
3&4 RF step back, LF next to RF, RF step back
5,6 LF step back, weight back on RF
7 & 8 LF step forward , RF next to LF, LF step forward

Wall 3... Restart

RF Cross - LF back- chassee right - LF cross RF - chassee left with 1/4turn left

1,2 RF cross LF, LF step back
3&4 RF step right, LF next to RF, RF step right
5,6 LFcross RF, weight back on RF
7&8 LF step left, RF next to LF, LF step left with ¼ turn left

RF forward, 1/2 turn left, RF Shuffle forward - Full turn right (LF, RF) - LF Shuffle forward

1,2 RF step forward ,1/2 turn left
3&4 RF step forward, LF close to RF, RF step forward
5,6 ½ turn right with LF step back, ½ turn right with RF step forward
7&8 LF forwad, RF next to LF, LF step forward

RF Forward - 1/4 Turn Left - Cross Shuffle Left - 1/2 Turn Right - Cross Shuffle Right

1,2 RF step forward, 1/4 turn left
3&4 RF cross LF, LF next to RF, RF cross LF
5,6 LF step back with 1/4 turn right, RF step right with 1/4 turn right
7&8 LF cross RF, RF next to LF, LF cross RF

RF Side Rock - Behind Side Cross - LF Side Rock - 1/4 turn L/Sailor step

1,2 RF rock side, recover on LF
3&4 RF cross behind LF, LF step left, RF cross over LF
5,6 LF rock side, recover on RF
7&8 1/4 turn left, LF cross behind RF with ¼ turn left, RF step right,, LF smal step forward

Wall 8 ... RF step forward with ¼ turn left..(ENDING)

Toe Strut forward turning ½ left (backwards) - Coasterstep - 2 x

1,2 RF forward (toe), 1/2 turn left backwards (strut)
3&4 LF step back, RF next to LF, LF step forward

Wall 6... Restart

5,6 RF forward (toe), 1/2 turn left backwards (strut)
7&8 LF step back, RF next to LF, LF step forward

Moni Hartmann – B Country Liner – 10.08.2019