

Let Loose

拍數: 32 牆數: 2 級數: Improver
編舞者: Mona Akersveen Schützer (NOR) & Stefan Schützer (NOR) - March 2021
音樂: Let Loose - Blåsemafian & Hazel



Sec. 1: (1-8) Walk, walk, touch R & L, step fwd, heel bounce

1-2 Walk RF fwd, walk LF fwd,
3&4& touch RF to R side, step RF beside L, touch LF to L side, step L beside R.
5-6 Long step fwd on RF, step L beside R. (Weight on both feet)
7&8& Lift heels, drop down, Lift heels, drop down (end weight on LF)

Sec. 2: Chasse to R ¼-turn L (9 o'clock), chasse to L, rocking chair

1&2& Step R to the side, step L beside R, step R to the side, ¼-turn L
3&4 Step L to the side, step R beside L, step L to the side
5-8 Rock R fwd, recover on L, Rock R bwd, recover on L

Sec. 3: Monterey ½ -turn R (3 o'clock), R sailer step, L sailer step

1-2 Point R to R side, ½ turn R with weight on LF, step down on RF
3-4 Point L to L side, step down in L
5&6 Step R behind L, step L to L side, step RF beside L
7&8 Step LF behind L, step RF to R side, step LF beside R

Sec. 4: Rock fwd, recover, ½-turn R (9 o'clock), step fwd R&L, heel bounce x2 while ¼-turn L(6 o'clock)

1-4 Rock RF fwd, recover on LF, ½-turn R, step RF fwd, Step LF fwd
5-6 Step RF fwd, hold,
7&8& Lift both heels, drop down while 1/8-turn L, Lift both heels, drop down (1/8-turn L)
(Weight ends on LF)

Tag: 4 counts, after wall 4 (facing 12 o'clock)

Step RF fwd, slow ½-turn L (2-3), shift weight to LF (4) start from the top (facing 6 o'clock)

Contact info: Mona Akersveen Schützer mona@svensken.com Stefan Schützer stefan@svensken.com