

Get Loose

拍數: 32 牆數: 2 級數: Improver
編舞者: Heru Tian (INA) - July 2023
音樂: Get Loose - AGNEZ MO & Ciara



No Tag, No Restart

Section 1 : Walks, Sync V Step, Side, Behind Touch, Side Chasse with 1/4L

12 Walk R Fwd (1), Walk L Fwd (2)
&3&4 Step R Fwd to R Diagonal (&), Step L Fwd to L Diagonal (3), Step R Back to Center (&), Step L next to R (4)
56 Step R to Side (5), Touch L Behind R (6)
7&8 Step L to Side (7), Step R next to L (&), 1/4L, Step L Fwd (8) facing 9.00

Section 2 : Fwd Mambo, Back Lock Shuffle, Back, Together, Fwd, 1/2L Heel Bounce

1&2 Rock R Fwd (1), Recover on L (&), Step R back (2)
3&4 Step L back (3), Lock R over L (&), Step L back (4)
56 Step R back (5). Step L next to R (6)
7&8 Step R fwd (7), Rise both heels, make 1/2L (&), Return both heels (8) facing 3.00

Section. 3 : Coaster, Kick Ball Change, Heel Switches, Big Step Fwd, Together

1&2 Step L back (1), Step R next to L (&), Step L Fwd (2)
3&4 Kick R fwd (3), Ball R behind L (&), Step L in place (4)
5&6& Tap R Heel Fwd (5), Close R next to L (&), Tap L Heel Fwd (6), Close L next to R (&)
78 Take a long step R Fwd (7), Step L next to R (8)

S4 : Diagonal Back & Touch (X2), 1/4L Side (X3), Together

1234 Step R back to R Diagonal (1), Touch L next to R (2), Step L back to L Diagonal (3), Touch R next to L (4)
5678 1/4L, facing 12.00, Step R to Side (5), 1/4L facing 9.00, Step R To Side (6), 1/4L, facing 6.00, Step R to Side (7), Step L next to R (8)

Start again...

Enjoy the dance

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