

Let's Get Loud

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Larry Bass (USA)
音樂: Let's Get Loud - Jennifer Lopez



STEP, BUMP, STEP, BUMP, STEP TOUCH, & STEP PIVOT

- 1 Step right foot forward
- 2 Angling body to right, touch left foot forward & bump hip diagonally to left
- 3 Step left foot in place
- 4 Angling body to left, touch right foot forward & bump hip diagonally to right
- 5 Step right foot in place
- 6 Angling body to right, touch left foot forward & bump hip diagonally to left
- & Step left foot beside right
- 7-8 Step right foot forward; pivot ½ turn left onto left foot

MAMBO CROSSOVER STEPS, MAMBO STEP WITH ½ TURN, TURNING SHUFFLE

Take small steps while doing the mambo steps

- 9&10 Step right foot to right, rock left onto left foot, cross step right foot over left
- 11&12 Step left foot to left, rock right onto right foot, cross step left over right
- 13& Step right foot forward, rock back onto left foot
- 14 Turn ½ turn right while stepping right foot forward to face 12:00
- 15&16 Shuffle left, right, left while turning ½ turn right to face 6:00

COASTER STEP, FORWARD SHUFFLE; STEP ¼ TURN WITH HIP SWAYS, HEEL TAP

- 17&18 Step right foot back, step left foot beside right, step right foot forward
- 19&20 Shuffle forward left, right, left
- 21 Step right foot forward while turning ¼ turn left & sway hips to right
- 22 With feet shoulder length apart sway hips to left
- 23 With feet shoulder length apart sway hips to right
- 24 With left heel turned slightly inward tap left heel in place

& CROSSOVER SHUFFLE, SIDE ROCK STEP; ¾ TURN SHUFFLE, KICK-BALL-CHANGE

- & Step left foot slightly back
- 25&26 Cross right foot over left, step left foot slightly to left, cross right foot over left
- 27-28 Step left foot to left; rock right onto right foot
- 29&30 Moving right, shuffle left, right, left while turning ¾ turn to left
- 31&32 Kick right foot forward, step right foot beside left, step left foot beside right

REPEAT
