

# Let's Get Loud

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Leonie Smallwood (AUS)  
音樂: Let's Get Loud - Jennifer Lopez



## SIDE BALL CHANGES, KICK KICK & TAP

&1-2      Step right to right side, step left in place, step right forward  
&3-4      Step left to left side, step right in place, step left forward  
&5-6      Step right to right side, step left in place, kick right forward  
7-8      Kick right to right side, tap right toe back

## SCUFF OUT-OUT, TWIST TURN & ROLL, KICK BALL CHANGE

1&2      Scuff right forward (beside left) step right to right side, step left to left side  
3-4      Twisting on balls of feet - turn  $\frac{1}{4}$  turn right, turn  $\frac{1}{2}$  turn left  
**No need to turn body full  $\frac{1}{4}$  turn right, do turn body completely  $\frac{1}{2}$  turn left**  
5-6      Body roll up (substitute own funky step here)  
7&8      Kick right forward, step ball of right back slightly, step left in place

## HIP ROCKS, HIP ROLL

1-2      Step right to right forward diagonal & push hip out, rock back onto left  
3-4      Step right to right back diagonal & push hip out, rock forward onto left  
5-8      Step right to right side & circle hips slowly to the right finish weight on left

## SCUFF OUT-OUT, TWIST TURN & ROLL, KICK BALL CHANGE

1&2      Scuff right forward (beside left) step right to right side, step left to left side  
3-4      Twisting on balls of feet -turn  $\frac{1}{4}$  turn right, turn  $\frac{1}{2}$  turn left  
**No need to turn body full  $\frac{1}{4}$  turn right, do turn body completely  $\frac{1}{2}$  turn left**  
5-6      Body roll up (substitute own funky step here)  
7&8      Kick right forward, step ball of right back slightly, step left in place

## STEP DRAG, DOUBLE CLAP, HIPS

1-2-3&4      Big step right to right forward diagonal, drag left towards right double clap (&4)  
5-6-7-8      Step left to left side bump hips left-right-left-right

## STEP DRAG, DOUBLE CLAP, HIPS (OR SAME AGAIN OTHER FOOT)

1-2-3&4      Big step left to left forward diagonal, drag right towards left, double clap (&4)  
5-6-7-8      Step right to right side bump hips right-left-right-left

## ROCK TURNING SHUFFLES BACK, ROCK

1-2      Step/rock right forward, rock back onto left  
3&4      Turn  $\frac{1}{2}$  turn on left to shuffle forward right-left-right  
5&6      Turn  $\frac{1}{2}$  turn right on right to shuffle back left-right-left  
7-8      Step/rock right back, rock forward onto left

## Swing hips on rocks

## BODY POPS

1&2      Step right forward (weight on both feet) as you stick your bottom & your chest out by arching your back simultaneously  
&      Un-pop & bend your knees  
2      Re-pop & bend your knees  
&      Un-pop & straighten knees  
3      Re-pop

& Un-pop & bend your knees  
4 Re-pop with your knees bent  
& Un-pop & transfer weight to right  
5 Step left forward as you pop  
&6 Repeat &2  
7&8 Repeat 3&4  
& Un-pop & transfer weight to left  
If in doubt bump hips 4 x right, 4 x left (or make up your own groovy move)

**REPEAT**

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