

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 ¼ turn right, turn ½ turn left
No need to turn body full ¼ turn right, do turn body completely ½ 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 ¼ turn right, turn ½ turn left
No need to turn body full ¼ turn right, do turn body completely ½ 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 ½ turn on left to shuffle forward right-left-right
5&6 Turn ½ 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
