

Let's Get Loud

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Michele Etherington (UK)
音樂: Let's Get Loud - Jennifer Lopez



- 1 Step left foot to left side
 - 2 Cross rock right foot over left
 - 3 Replace weight onto left foot
 - 4 Sweep right toe from front to back, crossing behind left foot
 - & Step left foot next to right
 - 5 Step right foot to right side making $\frac{1}{4}$ turn to right
 - 6 Step forward on left foot
 - 7 Make $\frac{3}{4}$ turn to right stepping onto right foot

 - 8&1 Shuffle forward left, right, left
 - 2 Kick right foot forward
 - 3 Making $\frac{1}{2}$ turn left, step back onto right foot
 - 4 Kick left foot forward
 - & Step left foot next to right
 - 5 Step forward on right foot
 - 6 Step onto left foot pushing right hip to right
 - 7 Step onto right foot pushing left hip to left
 - 8 Cross left foot over right
 - & Step right foot to right side

 - 1 Step left foot next to right, making $\frac{1}{4}$ turn to left, at the same time brush right toe back
 - 2 Brush right toe next to left foot
 - 3 Touch right toe in front of left foot
 - 4&5 Shuffle forward right, left, right
 - 6-7 Sweep left foot from back to front making $\frac{1}{4}$ turn right
 - & Touch left toe in front of right foot keeping weight on right
 - 8&1 Cross left over right, step to right on right foot, cross left over right

 - 2 Rock to side on right foot
 - 3 Replace weight onto left
 - 4&5 Making $\frac{1}{4}$ turn to left, shuffle forward, right, left, right
 - 6 Cross rock left over right
 - 7 Replace weight onto right
 - 8&1 Shuffle left stepping left, right, left (alternatively make a full turn to the left)
- Count 1 begins the dance again**

REPEAT
