

Lets Get Loud!

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Marilynne Delurey (CAN)
音樂: Let's Get Loud - Jennifer Lopez



COASTER FORWARD, COASTER BACK

1&2 Step forward on right, step left beside right, step back on right
3&4 Step forward on left, step right beside left, step back on left

TOE STRUTS RIGHT & LEFT

5&6 Step forward on right toe and drop right heel
7&8 Step forward on left toe and drop left heel

¼ TURN (HIP ROLLS)

9-10 Step right foot forward, ¼ turning to the left

KICK RIGHT, STEP BACK, KICK LEFT, STEP BACK

11&12 Kick right foot forward, step back on right, touch left beside right
13&14 Kick left foot forward, step back on left foot, touch right beside left

WALK, WALK, SHUFFLE

15&16 Walk forward right, walk forward left
17&18 Shuffle forward right, left, right

WALK, WALK SHUFFLE

19&20 Walk forward left, walk forward right
21&22 Shuffle forward left, right, left

KICK, STEP FORWARD, BODY ROLL

23&24 Kick right foot forward, recover weight on right, step left foot forward
25-26 Body roll (sitting body roll, weight on right leg, bending knees & recover with weight on left)

TOE TOUCH & HEEL JACK

27&28 Touch right toe beside left heel, recover weight on right foot stepping back on right, touch left heel forward (quickly recover weight on left)

SWEEP, SIDE SHUFFLE ¼ TURN

29-30 Sweep right foot around making ¼ turn to the left (quickly recover weight on left)
31&32 Side shuffle left, right, left

REPEAT
