

# Loose - Loose

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Rick Bates (USA) & Deborah Bates (USA)  
音樂: Let's Get Loose - The Clovers



## SYNCOPATED JUMP, HOLD, FINGER SNAPS, OUT-OUT, HEEL/TOE SWIVEL

- &1            Jump forward on right foot; jump left foot next to right
- 2             Hold and clap hands
- 3-4          Raise hands to shoulder level and snap fingers twice
- &5            Jump back on right foot; jump back on left foot about shoulder width apart from right
- 6             Hold
- 7-8          Swivel right heel to the left; swivel right toe to center

## SYNCOPATED VINE RIGHT, DIAGONAL STOMPS, HOLDS

- 9-10         Step to the right on right foot; cross left foot behind right and step
- &11          Step to the right on right foot; cross left foot over right and step
- 12            Step to the right on right foot
- 13-14        Stomp forward and diagonally to the left on left foot; hold
- 15-16        Stomp forward and diagonally to the right on right foot next to left; hold

## SYNCOPATED VINE LEFT, DIAGONAL STOMPS, HOLDS

- 17-18        Step to the left on left foot; cross right foot behind left and step
- &19          Step to the left on left foot; cross right foot over left and step
- 20            Step to the left on left foot
- 21-22        Stomp forward and diagonally to the right on right foot; hold
- 23-24        Stomp forward and diagonally to the left on left foot next to right; hold

## DIAGONAL TOE TOUCHES, HOLDS, SYNCOPATED JAZZ SQUARE, SCUFF

- 25-26        Touch right toe forward and diagonally to the left; hold
- 27-28        Touch right toe forward and diagonally to the right; hold
- 29-30        Cross right foot over left and step; step back on left foot
- &31          Step to the right on right foot; step forward on left foot
- 32            Scuff right foot next to left

## TOE TAPS, PIVOT, TOE/HEEL STRUTS

- 33-34        Cross right foot over and to the left of left foot and tap right toe twice
- 35-36        Tap right toe forward; tap right toe next to left
- &             Pivot  $\frac{1}{4}$  turn to the right on ball of left foot
- 37-38        Step forward onto ball of right foot; step down onto right heel
- 39-40        Step forward onto ball of left foot; step down onto left heel

## SIDE STEP RIGHT, STEP BEHIND WITH $\frac{1}{4}$ TURN, BACK STEP, TOGETHER, FORWARD WALK, MILITARY PIVOT TO THE LEFT

- 41-42        Step to the right on right foot; cross left foot behind right making a  $\frac{1}{4}$  turn to the left on the step
- 43-44        Step back on right foot; step left foot next to the right
- 45-46        Step forward on right foot; step forward on left foot
- 47-48        Step forward on right foot; pivot  $\frac{1}{2}$  turn to the left on ball of right foot and shift weight to left foot

REPEAT

**RESTART**

On the 3rd and 7th repetition of the dance drop the last 16 counts and start the dance again.

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