

Loosen Up

拍數: 32 牆數: 2 級數: Improver social cha
編舞者: Larry Bass (USA)
音樂: Give 'Em My Number - Darryl & Don Ellis



ROCK STEP, BALL-CHANGE, SCUFF, SIDE SHUFFLE LEFT, ROCK STEP

1-2 Step left foot forward, rock back onto right foot
&3 Step ball of left foot back, step right foot forward
4 Scuff left foot forward
5&6 Step left foot to left, step right foot beside left, step left foot to left
7-8 Step right foot back, rock forward onto left foot

ROCK STEP, BALL-CHANGE, SCUFF, SIDE SHUFFLE RIGHT, ROCK STEP

1-2 Step right foot forward, rock back onto left foot
&3 Step ball of right foot back, step left foot forward
4 Scuff right foot forward
5&6 Step right foot to right, step left foot beside right, step right foot to right
7-8 Step left foot back, rock forward onto right foot

DIAGONAL SHUFFLE LEFT, SAILOR SHUFFLE WITH HEEL TOUCH, CROSS & HEELS

1&2 Step left foot diagonally forward left, step right foot beside left, step left foot diagonally forward left
3&4 Cross right foot behind left, step left foot to left, touch right heel diagonally forward to right
&5 Step right foot back & cross left foot over right
&6 Step right foot to right & touch left heel diagonally forward left
&7 Step left foot back & cross right foot over left
&8 Step left foot to left & touch right heel diagonally forward right

STOMP, STOMP. HEEL LIFTS, STEP PIVOT TURN

1-2 Stomp right foot in place, stomp left foot in place
3-4 Tap left heel in place, twice
5-6 Tap right heel in place, twice
7-8 Step left foot forward: pivot ½ turn right onto right foot

REPEAT
