

Loud & Proud

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Kate Sala (UK), M.T. Groove (UK) & Alan Birchall (UK)
音樂: Together Again - Janet Jackson



KICK, STEP, TOUCH, STEP, TOUCH, HITCH, TOUCH, ¼ SAILOR STEP RIGHT, LEFT SHUFFLE FORWARD

1&2 Kick right forward, step right by left, touch left to left
&3 Step left by right, touch right to right
&4 Hitch right knee, touch right to right
5&6 Step right behind left, step left to left making ¼ turn right, step right to right (facing 3:00)
7&8 Step forward on left, step right by left, step forward on left

CROSS KICK, STEP, CROSS, ½ TWIST TURN, ¼ TURN, STEP ½ PIVOT, STEP, TOUCH

1&2 Cross kick right over left, step right to right, cross left over right
3&4 Twist ½ turn right twisting heels left, right, left (facing 9:00)
5-6 ¼ turn right on ball off right foot stepping forward on left, ½ pivot right (facing 6:00)
7-8 Step forward on left, touch right to right

CROSS, TOUCH, CROSS, BACK, SIDE, HOLD, UNWIND

1-2 Cross right over left, touch left to left
3-4 Cross left over right, step back on right
5-6 Step left to left, cross right over left
7-8 Hold, unwind ½ turn left (facing 12:00)

KICK, OUT, OUT, HAND MOVEMENTS, SHOULDER MOVEMENTS, STEP, STEP, HOLD

1&2 Kick right forward, small step to right with right, small step left with left (feet shoulder width apart)
3&4 Touch left shoulder with right hand, touch right shoulder with right hand, right arm down by side
5-6 Lift right shoulder dropping left, lift left shoulder dropping right
&7-8 Step right by left, step left to left, hold

CROSS, STEP, SAILOR, CROSS STEP, ¼ SAILOR

1-2 Cross right over left, step left to left
3&4 Cross right behind left, step left, to left, step right to right
5-6 Cross left over right, step right to right
7&8 Cross left, behind right, step right to right making ¼ turn left, step left to left (facing 9:00)

CROSS, STEP, SAILOR, CROSS STEP, ¼ SAILOR

1-2 Cross right over left, step left to left
3&4 Cross right behind left, step left, to left, step right to right
5-6 Cross left over right, step right to right
7&8 Cross left, behind right, step right to right making ¼ turn left, step left to left (facing 6:00)

DIAGONAL STEP, TOUCH, DIAGONAL STEP, TOUCH, ROCK FORWARD, RECOVER, ½ SHUFFLE TURN

1-2 Step right forward to right diagonal, touch left by right
3-4 Step left forward to left diagonal, touch right by left
5-6 Rock forward on right, recover on left
7&8 Make ½ shuffle turn over right shoulder stepping right, left, right (facing 12:00)

STEP ½ PIVOT, STEP, KICK, CROSS, SLOW COASTER STEP

- 1-2 Step forward on left, ½ pivot right (facing '6' 0' clock)
- 3-4 Step forward on left, kick right foot forward
- 5-6 Cross right over left step back on left
- 7-8 Step right by left, step forward on left

REPEAT
