

# Hang Loose!

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Page Banfield (USA)  
音樂: No News - Lonestar



## KICK RIGHT, RIGHT, COASTER STEP, KICK LEFT, LEFT, COASTER STEP

- 1-2      With weight on left foot, kick right foot forward twice
- 3      Step back on the right
- &4      Step left foot next to right, step right foot forward
- 5-6      With weight on right foot, kick left foot forward twice
- 7      Step back on the left foot
- &8      Step right foot next to left, step left foot forward

## SAILOR STEP, SAILOR STEP, ¼ TURN LEFT, STEP RIGHT, ½ TURN, STEP FORWARD RIGHT, BACKWARDS ¾ TURN

- 9      Cross right foot behind left foot
  - &10      Step left with left foot next to right foot, step right foot next to left
  - 11&      Cross left foot behind right foot & step right with right foot next to left foot
  - 12      Step left foot next to right while turning ¼ to the left.
- On count 12 you should be facing next wall to the left, with weight on right foot, and left foot pointing forward**
- 13-14      Step forward on right foot, turn ½ to the right (weight should be on left foot)
  - 15      Step forward on right foot
  - 16      Lift left foot off the ground slightly and turn ¾ spinning on the right foot.
- End facing back wall with both feet down spread slightly apart, weight on left foot**

## MONTEREY TURN, GRAPEVINE, MONTEREY TURN, GRAPEVINE, SCUFF RIGHT

- 17      With weight on left foot, point right toe out to the right side
- 18      Turn ½ to the right, with weight on left foot (shift weight to right foot)
- 19-20      Point left toe out to the left side, touch left toe next to right foot
- 21-22      Step left foot out to left side, cross right foot behind left foot
- 23-24      Step left foot out to left side, touch right toe next to left foot.
- 25-31      Repeat steps 17-23
- 32      (End of grapevine) scuff right heel forward

## STEP RIGHT, SCUFF LEFT, CROSS LEFT OVER RIGHT, KICK LEFT, SCUFF LEFT BACK, SCUFF LEFT FOOT, STOMP

- 33      Step forward on right foot
- 34      Scuff left heel forward keeping left foot out in front (off of ground)
- 35      Cross left heel over right foot (weight should still be on right)
- 36      Kick left foot forward
- 37-38      With weight still on right foot, scuff left foot back, scuff left heel forward
- 39-40      Stomp forward on both feet, clap!

## HIP BUMPS LEFT, RIGHT, LEFT, RIGHT, BODY ROLL, BODY ROLL

- 41-42      Bump hips to the left, bump hips to the right (weight on both feet)
- 43-44      Bump hips to the left, bump hips to the right (weight on both feet)
- 45-46      Roll body from left to right (emphasizing rolls from the waist)
- 47-48      Roll body from left to right (emphasizing rolls from the waist)

**REPEAT**