

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