

Crank It Up!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Peter Metelnick (UK)
音樂: Let's Get Loud - Jennifer Lopez



Start on the vocals after she sings "Let's Get" on the word "Loud"

RIGHT SIDE RIGHT, LEFT CROSS ROCK, RIGHT TOGETHER, LEFT SIDE LEFT, RIGHT CROSS ROCK

- 1 Step right foot to right side
- 2&3 Cross rock step left foot over right, recover weight on right foot, step left foot to left side
- 4 Step right foot together
- 5 Step left foot to left side
- 6&7 Cross rock step right foot over left, recover weight on left foot, step right foot to right side
- 8 Step left foot forward

RIGHT FORWARD, LEFT KICK BALL TOUCH, ¼ RIGHT PIVOT TURN, LEFT FORWARD, RIGHT KICK BALL TOUCH, ¼ LEFT PIVOT TURN

- 1 Step right foot forward
- 2&3 Kick left foot forward, step left foot together, touch right toes to right side
- 4 Pivot ¼ right on both feet with weight ending on right foot
- 5 Step left foot forward
- 6&7 Kick right foot forward, step right foot together, touch left toes out to left side
- 8 Pivot ¼ left on both feet with weight ending on left foot

RIGHT FORWARD TURNING ½ LEFT, LEFT SHUFFLE FORWARD, RIGHT&LEFT FORWARD, RIGHT SYNCOPATED JAZZ WITH ¼ RIGHT

- 1 Step right foot forward turning ½ left while lifting left foot
- 2&3 Step left foot forward, step right foot together, step left foot forward
- 4 Step right foot forward
- 5 Step left foot forward
- 6&7 Cross step right foot over left, step left foot back turning ¼ right, step right foot to right side
- 8 Step left foot forward

RIGHT FORWARD, LEFT ROCK FORWARD & RECOVER WITH ½ LEFT, RIGHT&LEFT FORWARD, RIGHT ROCK & RECOVER, RIGHT BACK, LEFT CROSS STEP

- 1 Step right foot forward
- 2&3 Rock step left foot forward, recover weight on right foot turning ½ left, step left foot forward
- 4 Step right foot forward
- 5 Step left foot forward
- 6&7 Rock step right foot forward, recover weight on left foot, step right foot back
- 8 Cross step left over right

REPEAT
