

Break It Loose!

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Liam Hrycan (UK) & Daniel Whittaker (UK)
音樂: Let's Get Loud - Jennifer Lopez



...RIGHT SIDE STEP/LEFT CROSS STEP/RIGHT STEP BACK, LEFT CHASSE (¼-LEFT), RIGHT FORWARD ROCK/RECOVER, RIGHT STEP BACK

- 1-2 Step right foot to right side, cross step left foot over right
- 3 Step right foot back
- 4&5 Step left foot to left side, step right foot to place beside left, step left foot to left side a ¼ turn left
- 6-7 Rock right foot forward, recover weight back onto left foot
- 8 Step right foot back

LEFT SIDE STEP/RIGHT TOGETHER/LEFT STEP FORWARD, RIGHT CHASSE (¼-LEFT), LEFT COASTER STEP, RIGHT STOMP

- 9-10 Step left foot to left side, drag/step right foot to place beside left
- 11 Step left foot forward
- 12&13 Step right foot to right side, step left foot to place beside right, step right foot to right side a ¼ turn left
- 14&15 Step left foot back, step right foot to place beside left, step left foot forward
- 16 Stomp right foot to place beside left

LEFT CHASSE, RIGHT BACK ROCK/RECOVER, RIGHT SIDE STEP/LEFT TOGETHER, RIGHT CHASSE (¼-RIGHT)

- 17&18 Step left foot to left side, step right foot to place beside left, step left foot to left side
- 19-20 Rock right foot back, recover weight onto left foot
- 21-22 Step right foot to right side, step left foot to place beside right
- 23&24 Step right foot to right side, step left foot to place beside right, step right foot to right side a ¼ turn right

LEFT STEP/½ PIVOT RIGHT, LEFT STEP FORWARD, RIGHT SHUFFLE FORWARD, TOE SWITCHES FORWARD (LEFT&RIGHT&), LEFT STOMP FORWARD

- 25-26 Step left foot forward, pivot a ½ turn right
- 27 Step left foot forward
- 28&29 Step right foot forward, step left foot to place beside right, step right foot forward
- 30& Touch left toe forward, step left foot to place beside right
- 31& Touch right toe forward, step right foot to place beside left
- 32 Stomp left foot forward

RIGHT STOMP FORWARD, CLAP, RIGHT STOMP FORWARD, CLAP, LEFT STOMP FORWARD/½-RIGHT/RIGHT STOMP FORWARD, LEFT STOMP, RIGHT SIDE STEP/LEFT TOGETHER

- 33 Stomp right foot forward
- &34 Clap hands twice
- &35 Stomp left foot to place beside right, stomp right foot forward
- &36 Clap hands twice
- 37& Stomp left foot forward, quick ½ turn right on ball of left foot (lifting right foot slightly)
- 38-39 Stomp right foot forward, stomp left foot to place beside right
- 40& Step right foot to right side, step left foot to place beside right.

REPEAT

