

Loosen Up

拍數: 64 牆數: 4 級數: Advanced / Intermediate
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音樂: Turn Me Loose - Young Divas



(1-8) Walk, Walk, Together, Push Back, Knee Pops, Kick

- 1 – 2 Walk forward – right, left
- 3 – 4 Close right to left bending knees, push bottom back
- 5 – 8 Right knee pops – in, out, in, kick right to right diagonal

(9-16) Behind, Side, Cross Shuffle, Large Side Step, Drag Right Towards Left, Ball Cross

- 1 – 2 Cross right behind left, step left to left
- 3 & 4 Cross right over left, left to left, cross right over left
- 5 – 7 Large step to left, drag right towards left over 2 beats
- & 8 Step on ball of right next to left, cross left over right

(17-24) Side, Behind, ¼ Turning Shuffle, Heel, Hold, Heel, Switch, Heel, Switch

- 1 – 2 Step right to right, cross left behind right
- 3 & 4 Turn ¼ right and shuffle forward – right, left, right (advanced 1 ¼ turning shuffle)
- 5 – 6 Left heel forward, hold
- &7&8& Close left to right, right heel forward, close right to left, left heel forward, close left to right

(25-32) Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover 1 ½ Turning Shuffle

- 1 – 2 Rock forward on right, recover on left
- 3 – 4 Rock back on right turning body and look back, recover forward on left (squaring up again)
- 5 – 6 Rock forward on right, recover on left
- 7 & 8 Turning 1 ½ right shuffle right, left, right

(33-40) Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover, 1 ¼ Turning Chasse to Left

- 1 – 2 Rock forward on left, recover on right
- 3 – 4 Rock back on left turning body and look back, recover forward on right (squaring up again)
- 5 – 6 Rock forward on left, recover on right
- 7 & 8 Turning chasse 1 ¼ to left

(41-48) Cross, Rock, Side, Rock, Cross, (Cuban Break Step) Hitch Hold, Lunge, Recover and Flick, Chasse to Left

- 1 & 2& Cross right over left, recover, rock right to right, recover
- 3 – 4 Cross right over left, hitch left and hold and push hands forward (as if you are saying “stop”)
- 5 – 6 Lunge left to left, recover onto right flicking left foot behind right
- 7 & 8 Chasse to left side

(49-56) ‘V Step’, Hitch, Coaster ¼ Turn

- 1 – 2 Step forward and out on right, step forward and out on left
- 3 – 4 Step back on right, close left to right
- 5 – 6 Turning to left diagonal step forward on right, hitch left knee
- 7 & 8 Coaster step turning ¼ right to face right diagonal

(57-64) Step, Hitch, Coaster Step Squaring Up, 2 x 1/8th Paddles Rolling Hips Round

- 1 – 2 Step forward on right towards right diagonal, hitch left knee up
- 3 & 4 Step back on left, close right to left squaring up, step forward on left
- 5 – 8 Paddle turn 1/8th left rolling hips anti clockwise, paddle turn 1/8th left rolling hips anti clockwise

