

Get Your...Loose Off

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - September 2011
音樂: Fired Up! (F*ck The Rece\$\$ion) (feat. Pitbull) - Shaggy



32 count intro (15 Sec)

Sec 1: [1-8] Walks Fwd L-R, Out, Heel Grind ¼ Turn L, Back Rock, Recover, ¼ Turn R, Back, ¼ Turn R, Side

- 1-2 Walk Lf forward, walk Rf forward (12:00)
- 3-4 Step Lf out to the left, heel grind with Lf (toes from R to L) turn 1/4 turn left(9), step Rf back weight onto Rf
- 5-6 Rock Lf back, recover on Rf
- 7-8 Turn ¼ right (12) step Lf back, turn ¼ right (3) step Rf to the right weight onto Rf

Sec 2: [9-16] Fwd Rock, Recover, Together, Side Rock, Recover, Sailor ¼ Turn R, Sailor Fwd

- 1-2 Rock Lf forward, recover on Rf
- &3-4 Step Lf beside Rf, rock Rf to the right, recover on Lf
- 5&6 Step Rf behind Lf, turn 1/4 right (6) step Lf to the left, step Rf forward
- 7&8 Step Lf behind Rf, step Rf to the right, step Lf forward (6:00)

Sec 3: [17-24] Fwd Rock, Recover, Jump Both Feet Apart ¼ Turn R, Fan ¼ Turn R, Lock Step Fwd, ¾ Turn L, Side

- 1-2 Rock Rf forward, recover on Lf
- &3&4 Turn 1/4 right (9) jump both feet apart (&3), fan R toe from front to R with ¼ turn R (12), step Rf back in place weight onto Rf
- 5&6 Step Lf forward, lock Rf behind Lf, step Lf forward weight onto Lf
- 7-8 Turn ½ left (6) step Rf back, turn 1/4 left (3) step Lf to the left weight onto Lf

Sec 4: [25-32] Fwd Touch, Side 2x R-L, 1/4 Turn L, Out, Out, Twist R Heel Up, Replace, Twist L Heel Up, Replace

- 1-2 Touch Rf forward, step Rf to the right (3:00)
- 3-4 Touch Lf forward, step Lf to the left
- 5-6 Turn 1/4 left (12) step Rf out to right, step Lf out to the left
- &7&8 Twist R heel up to front holding toe in contact with the floor, replace, twist L heel up to front holding toe in contact with the floor, replace weight onto Lf (12:00)

Sec 5: [33-40] Rock Fwd R, Recover, Turn 1/4 R, Ball, Rock Fwd L, Recover, ½ Turn L, Fwd, Side, Sailor Fwd

- 1-2 Rock Rf forward, recover on Lf (12)
- &3-4 Turn 1/4 right (3) step Rf beside Lf, rock Lf forward, recover on Rf
- 5-6 Turn ½ left (9) step Lf forward, step Rf slightly diagonal forward
- 7&8 Step Lf behind Rf, step Rf to the right, step Lf forward (9:00)

Sec 6: [41-48] Fwd Rock, Recover, ¼ Turn R, Side, Knee Pop, Touch Back, ½ Unwind L, 1/4 Pivot L

- 1-2 Rock Rf forward, recover on Lf
- &3-4 Turn ¼ right (12) step Rf to the right, step Lf slightly forward lift heels off the floor as you pop both knees forward, drop both heels to the floor take weight onto Rf
- 5-6 Touch Lf back, unwind ½ left (6) take weight onto Lf
- 7-8 Step Rf forward, turn ¼ left (3) take weight onto Lf

Sec 7: [49-56] Touch, 1/4 Turn L, Replace, Touch, Side, Touch, 1/4 Turn L, Replace, Touch, Side, Hold

- 1-2 Touch Rf forward, turn ¼ left (12) step Rf back in place weight onto Rf
- 3-4 Touch Lf forward, step Lf to the left weight onto Lf

5-6 Touch Rf forward, turn $\frac{1}{4}$ left (9) step Rf back in place weight onto Rf
7-8 Touch Lf forward, step Lf to the left weight onto Lf (9:00)

Sec 8: [57-64] Cross Jazz Box $\frac{1}{4}$ Turn R, Cross Jazz Box $\frac{1}{4}$ Turn R, Touch

1-2 Cross Rf over Lf, turn $\frac{1}{4}$ right (12) step Lf back weight onto Lf
3-4 Step Rf to the right, step Lf forward
5-6 Cross Rf over Lf, turn $\frac{1}{4}$ right (3) step Lf back weight onto Lf
7-8 Step Rf to the right, touch Lf next to Rf weight onto Rf (3:00)

Start Again, Enjoy!
