

拍数: 48 编数: 4 级数: Intermediate/Advanced

编舞者: Amanda Andrews (USA)

音乐: Let's Get Loud - Jennifer Lopez



SHUFFLE, STEP/PIVOT, SHUFFLE, FULL TURN

1&2	Shuffle forward with right
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3-4 Step left forward, pivot ½ turn to the right

5&6 Shuffle forward with left7-8 Make full turn to the left

SHUFFLE, FORWARD COASTER, CROSS BACK, ½ TURN, OUT-OUT, IN-IN

1&2 Shuffle forward with right

3&4 Step left forward, bring right next to left, step left back

5-6 Cross right behind left, turn ½ to right &7 Step right out to right, step left out to left Step right back in, step left next to right

SIDE MAMBO, SIDE MAMBO, OUT-OUT, CLAP, OUT-OUT, CLAP

1&2	Step right with right, step left in place, bring right next to left
3&4	Step left with left, step right in place, bring left next to right
&5-6	Step right out and forward, step left out and forward, clap
&7-8	Step right back, step left back (feet still apart), clap

HIP BUMPS, HIP BUMPS, MAMBO FORWARD, MAMBO BACK

1&2	Step right forward, bump hips
3&4	Step left forward, bump hips

5&6 Step right forward, shift weight to left, step right back 7&8 Step left back, shift weight to right, step left forward

MAMBO 1/4 TURN, MAMBO 1/4 TURN

1&2	Step right to right, shift weight to left making a ¼ turn to right, bring right back next to left

3&4 Step left forward, shift weight to right, bring left back next to right

5&6 Step right to right, shift weight to left making a ¼ turn to right, bring right back next to left

7&8 Step left forward, shift weight to right, bring left back next to right

CROSS/STEP, COASTER ¼ TURN, CROSS ¼ TURN/STEP, COASTER ¼ TURN

3&4 Step right behind left making ¼ turn to right, bring left next to right, step right forward

5-6 Cross left over right making ¼ turn to left, step right to right

7&8 Step left behind right making ¼ turn to left, bring right next to left, step left forward

REPEAT