

# Loose - Loose

拍數: 48      牆數: 2      級數: Intermediate  
編舞者: Rick Bates (USA) & Deborah Bates (USA)  
音樂: Let's Get Loose - The Clovers



## **SYNCOPATED JUMP, HOLD, FINGER SNAPS, OUT-OUT, HEEL/TOE SWIVEL**

- &1      Jump forward on right foot; jump left foot next to right
- 2      Hold and clap hands
- 3-4      Raise hands to shoulder level and snap fingers twice
- &5      Jump back on right foot; jump back on left foot about shoulder width apart from right
- 6      Hold
- 7-8      Swivel right heel to the left; swivel right toe to center

## **SYNCOPATED VINE RIGHT, DIAGONAL STOMPS, HOLDS**

- 9-10      Step to the right on right foot; cross left foot behind right and step
- &11      Step to the right on right foot; cross left foot over right and step
- 12      Step to the right on right foot
- 13-14      Stomp forward and diagonally to the left on left foot; hold
- 15-16      Stomp forward and diagonally to the right on right foot next to left; hold

## **SYNCOPATED VINE LEFT, DIAGONAL STOMPS, HOLDS**

- 17-18      Step to the left on left foot; cross right foot behind left and step
- &19      Step to the left on left foot; cross right foot over left and step
- 20      Step to the left on left foot
- 21-22      Stomp forward and diagonally to the right on right foot; hold
- 23-24      Stomp forward and diagonally to the left on left foot next to right; hold

## **DIAGONAL TOE TOUCHES, HOLDS, SYNCOPATED JAZZ SQUARE, SCUFF**

- 25-26      Touch right toe forward and diagonally to the left; hold
- 27-28      Touch right toe forward and diagonally to the right; hold
- 29-30      Cross right foot over left and step; step back on left foot
- &31      Step to the right on right foot; step forward on left foot
- 32      Scuff right foot next to left

## **TOE TAPS, PIVOT, TOE/HEEL STRUTS**

- 33-34      Cross right foot over and to the left of left foot and tap right toe twice
- 35-36      Tap right toe forward; tap right toe next to left
- &      Pivot  $\frac{1}{4}$  turn to the right on ball of left foot
- 37-38      Step forward onto ball of right foot; step down onto right heel
- 39-40      Step forward onto ball of left foot; step down onto left heel

## **SIDE STEP RIGHT, STEP BEHIND WITH $\frac{1}{4}$ TURN, BACK STEP, TOGETHER, FORWARD WALK, MILITARY PIVOT TO THE LEFT**

- 41-42      Step to the right on right foot; cross left foot behind right making a  $\frac{1}{4}$  turn to the left on the step
- 43-44      Step back on right foot; step left foot next to the right
- 45-46      Step forward on right foot; step forward on left foot
- 47-48      Step forward on right foot; pivot  $\frac{1}{2}$  turn to the left on ball of right foot and shift weight to left foot

## **REPEAT**

## RESTART

On the 3rd and 7th repetition of the dance drop the last 16 counts and start the dance again.

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