

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.
