Loud 'n' Proud



拍數: 48 牆數: 2 級數: Intermediate

編舞者: Johnny S. (UK)

音樂: Redneck Woman - Gretchen Wilson



RIGHT & LEFT TOE FANS, KICK-BALL-CHANGE, PIVOT ½ TURN LEFT

1&2& Fan right toe to right, fan right toe back to center, fan right toe to right, fan right toe back to

center

3&4& Fan left toe to left, fan left toe back to center, fan left toe to left, fan left toe back to center

(weight on left)

5&6 Right kick ball change

7-8 Step right forward, pivot ½ turn left (weight ends on left)

WEAVE LEFT, ROCK-RECOVER-CROSS, WEAVE RIGHT, LEFT SAILOR 1/4 TURN RIGHT & POINT

1&2& Cross-step right over left, step left to left side, cross right behind left, step left to left side

Rock right foot to right side, recover on left, cross right over left

5&6& Cross-step left behind right, step right to right side, cross left in front of right, step right to right

side

7&8 Step left foot behind right, step right into ¼ turn right, point left toe to left side

CROSS, ¼ TURN LEFT. CHASSE LEFT, CROSS, ¼ TURN RIGHT, RIGHT SAILOR ¼ TURN RIGHT & POINT

1-2 Cross-step left over right, step right back into ¼ turn left

3&4 Chasse left on left, right, left

Dance up to here after the 2nd tag & restart dance again from beginning - facing back wall

5-6 Cross-step right over left, step left back into ¼ turn right

7&8 Sweep-cross right behind left, step left into ¼ turn right, point right toe to right side

HEEL-TURN 1/4 LEFT, SIDE MAMBO, FORWARD MAMBO, JUMP-TOUCH-KICK

Touch right heel forward, on ball of left foot make 1/8 turn left & touch right beside left
Touch right heel forward, on ball of left foot make 1/8 turn left & touch right beside left

Rock-step right to right side, recover on left, step right beside left Rock-step left foot forward, recover on right, step left beside right

&7-8 Step-jump back on right, touch left toe in front of right, kick left foot forward (or click fingers /

clap)

CHASSE, ROCK-RECOVER, CHASSE, UNWIND 1/2 TURN LEFT

1&2 Chasse left on left, right, left

3-4 Cross-rock right over left, recover on left

5&6 Chasse right on right. Left, right

7-8 Touch left foot behind right, unwind ½ turn left (weight ends on left)

RIGHT SAILOR, LEFT SAILOR WITH 1/4 TURN RIGHT, WALK TWICE, KICK BALL CHANGE

1&2 Right sailor-step

3&4 Left sailor-step with ¼ turn right

5-6 Walk forward right, left 7&8 Right kick-ball-change

REPEAT

TAG

Always danced at front wall. Danced after 2nd & 4th sequence & danced twice after last sequence

1-2 Skate forward on right, skate forward on left

At same time punch right and left hand into air above your head

3-4 Skate forward on right, skate forward on left

At same time punch right and left hand into air above your head

5&6& Run back right, left, right, touch left beside right

7-8 Stomp left foot slightly forward, stomp-up right beside left (weight ends on left foot)

RESTART

Dance up to count 20 after the 2nd tag & restart dance again from beginning, facing back wall