

LET'S GET LOUD

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 Music : "Let's Get Loud" Very Ballroom 2 CD 2 Track 14 time 3:07
 Rhythm : Quickstep ph IV+2(Tipple Chasse, Running Finish)+1(Running Man)
 Speed : Slow to Suite Date : May 2016 Ver.1.1



Footwork : Opposite, directions for man(lady as noted)
 Sequence : Intro - A - A - B - A - B - C - B - D - Ending

Meas

INTRO

- 1~8 Mod Sd by Sd M fc DW(W fc RDC) left foot free for both Wait 2 meas;;
 Charleston;; Charleston w/Arm Ck; Roll Apt; Circle 4;(Tandem/LOD);
 1- 2 Mod Sd By Sd M facing DW(W fc RDC left foot free for both wait 2 meas;;
 S-S- 3- 4 (Charleston) Same foot work fwd L,-, pt fwd R,-; Bk R,-, pt bk L,-;
 S- 5 (Charleston w/Arm Ck) Fwd L,-, pt fwd R joined right hands,-;
 QQS 6 (Roll Apt) Commence RF roll sd & fwd R twd RDC(W twd DW), cont RF roll L, R fc RDC(W fc DW), -;
 SS 7- 8 (Circle 4) Fwd L commence circle LF,-, cont circle LF fwd R,-; Cont circle fwd L,-,
 SS fwd R fc LOD(W cont circle LF fwd L swivel LF on L fc LOD,-, cl R to L) tandem fc LOD M behind of W,-;
 9~16 Running Man;;; both Trn LF fc RLOD; Running Man;;;
 M Trn LF W Trans(CP/LOD);
 Q-Q- 9-11 (Running Man) Left hand extend sd index finger twd COH stp in place L, slip bk L
 Q-Q- right knee lift, stp in place R, slip bk R left knee up; Stp in place L, slip bk L
 Q-S right knee lift, stp in place R, slip bk R left knee up; stp in place L, slip bk L
 right knee lift, stp in place R,-;
 SS 12 Sd & fwd L twd RLOD,-, small stp fwd R tandem fc RLOD M front of W,-;
 13-15 (Running Man) Right hand extend sd index finger twd COH repeat meas 9-11 of Introduction;;;
 SS(S-) 16 Sd & bk L 1/2 LF trn,-, small stp fwd R(W small fwd L,-, tch R to L) CP/LOD,-;

Meas

PART A

- 1~8 Quarter Trn & Prog Chasse;;;, Manuv Sd Cl;, Spin Trn 3S;;
 Bk Chasse Bjo Ck;;
 SSQQS 1- 6 (Quarter trn & Prog Chasse) Fwd L,-, fwd R commence RF trn,-; Cont RF trn sd L, cont RF
 SSQS trn cl R fc RDW, sd & bk L,-; Bk R commence LF trn fc wall,-, sd L, cl R; Sd & fwd L
 to contra Bjo fc DW,-,
 SQQ (Manuv Sd Cl) Fwd R(W bk L)commence RF trn,-; Cont RF trn sd L, cl R to L CP/RLOD,
 SSS (Spin trn) Bk L pivot 1/2 RF,-; Fwd R between woman's feet heel to toe cont RF trn fc
 DW,-, sd & bk L(W fwd R between man's feet heel to toe pivot 1/2 RF,-; bk L cont RF trn
 brush R to L,-, sd & fwd R),-;
 SQQSS 7- 8 (Bk Chasse Bjo Ck) Bk R,-, sd L, cl R; sd & fwd L(Bjo/DC),- ,fwd R,-;
 9~16 Fishtail; Walk 2; Fishtail; Fwd Manuv; Tipple Chasse; Bk/Lk Bk;
 Running Finish; Fwd Fwd/Lk;
 QQQQ 9 (Fishtail) XLIB of R, Sd R, fwd L, XRIB of L fc LOD;
 SS 10 (Walk 2) Fwd L,-, fwd R,-;
 QQQQ 11 (Fishtail) XLIB of R, Sd R, fwd L, XRIB of L fc LOD;
 SS 12 (Fwd Manuv) Fwd L,-, fwd R RF trn,-;
 QQS 13 (Tipple Chasse L) Cont RF trn sd L, cl R, sd L sway to L fc RDW,-;
 QQS 14 (Bk/Lk Bk) Bk R, XLIF of R, bk R,-;
 SQQ 15 (Running Finish) Bk L commence RF trn,-, cont RF trn sd & fwd R, fwd L W' s left sd
 Bjo/LOD;
 SQQ 16 (Fwd Fwd/Lk) Fwd R,-, fwd L, XRIB of L;

Meas

PART B

- 1~8 Rev Chasse Trn;; Walk 2; Fwd/Lk Fwd; Manuv Sd Cl; OP Impetus 3S;;
 Thru Hop,; Scoop & Cl(Bjo/LOD);
 SQQS- 1- 2 (Rev Chasse Trn) Fwd L commence LF trn,-, sd R cont LF trn, cl L; bk R commence
 (SQQSQQ) LF trn,-, tch L beside R, cont trn on R,-(W Bk R commence LF trn,-, sd L cont
 LF trn, cl R to L; Fwd L commence LF trn,-, sd R cont LF trn, cl L to R)CP/DW,;

- SSQQS 3- 4 (Walk 2 Fwd/Lk Fwd) Fwd L, -, fwd R, -; Fwd L/XRIB of L, fwd L, -;
 SQQ 5 (Manuv Sd Cl) Fwd R(W bk L) commence RF trn, -, Cont RF trn sd L, cl R CP/RLOD;
 SSS 6- 7 (OP Impetus 3S) Bk L commence RF trn, -, cl R cont RF trn(heel trn), -; SCP/LOD fwd L
 (W fwd R heel to toe pivot 1/2 RF, -, sd & fwd L cont RF trn around man brush R to L, -;
 fwd R), -,
 S (Thru Hop) Thru R, -/hop on R;
 SS 8 (Scoop & Cl) Sd & fwd L left sd stretch commence LF trn, cont LF trn draw R to L, cl R
 Bjo/LOD, -;

**9~16 Slow XIB Sd; Hitch 4; Stp Hop Twice; Fwd/Lk Fwd; Manuv Sd Cl;
 Bk Bk/Lk Bk;, Heel Pull & Hold,;**

- SS 9 (Slow XIB SD) XLIB of R(W XRIF of L), -, sd R, -;
 QQQQ 10 (Hitch 4) Fwd L, cl R, bk L, cl R;
 S&S& 11 (Stp Hop Twice) Fwd L, -/hop on L, fwd R, -/hop on R;
 QQS 12 Fwd L, XRIB of L, fwd L, -;
 SQQ 13 (Manuv Sd Cl) Fwd R(W bk L) commence RF trn, -, Cont RF trn sd L, cl R to L CP/RLOD;
 SSQS 14-16 (Bk Bk/Lk Bk) Bk L blend contra Bjo, -, bk R, XLIF of R; Bk R, -,
 SS- (Heel Pull & Hold) Bk L commence RF trn, -; Cont RF trn right heel pull bk small stp sd
 R CP/LOD, -, hold, -;

Meas PART C

**1~12 Walk & Fc; Sd Cl; Circle Away 4S to Fc;; Charleston;; Strut Tog 4;;
 Swivel Two Step L & R;; Q Vine 4; Walk & Pickup(CP/DC);**

- SS 1 (Walk & Fc) Fwd L, -, fwd R 1/4 RF trn CP/Wall, -;
 SS 2 Sd L, -, cl R to L, -;
 SSSS 3- 4 (Circle Away 4S) Fwd L trning LF twd COH(W RF twd wall), -, fwd R cont LF(W RF) trn, -;
 Fwd L cont LF trn, -, cont trn fwd R fc wall(W fc COH), -;
 SSSS 5- 6 (Charleston) Fwd L, -, pt fwd R, -; Bk R, -, pt bk L, -;
 SSSS 7- 8 (Strut Tog 4) Fwd L, -, fwd R, -; Fwd L, -, fwd R blend no hands joined, -;
 QQSQQS 9-10 (Swivel Two Step L & R) Weight on both heel swivel LF, weight on both toe swivel RF,
 weight on both heel swivel LF, -; swivel RF, wight on both toe swivel LF, weight on both
 heel swivel RF, -;
 QQQQ 11 (Q Vine 4) Sd L, XRIB of L, sd L, XRIF of R;
 SS 12 (Walk & Pickup) Blend SCP fwd L, -, fwd R lead W pickup CP/LOD, -;

Meas PART D

**1~12 Apt Pt; Tog W Trn LF Cl(Tandem/LOD); Strut Walk 4;; Running Man;;;
 both Trn LF fc RLOD; Running Man;;; M Trn LF W Trans(CP/LOD);**

- SS 1 (Apt Pt) Stp apt L, -, pt R twd partner, -;
 SS 2 (Tog W Trn LF Cl) Stp tog R, -, tch L to R(W fwd L 1/2 LF trn, -, cl R to L)
 tandem/LOD left foot free for both, -;
 SSSS 3- 4 (Strut Walk 4) Fwd L, -, fwd R, -; Fwd L, -, fwd R, -;
 5-12 Repeat meas 9-16 of Introduction;;;;;;;

Meas ENDING

**1~14 Viennese Trn;;;(CP/Wall); Whisk 3S & Thru;; SCP Chasse;
 In & Out Runs;; Thru Fc Cl(Bfly/Wall); Sd Draw Cl;; Roll 2; Lunge Apt;**

- SQSSQQ 1- 4 (Viennese Trn) Fwd L commence LF trn, -, cont trn sd R, XLIF of R; Bk R
 SQSSQQ commence LF trn, -, cont trn sd L, cl R fc LOD; Fwd L commence LF trn, -, cont
 trn sd R, XLIF of R; Bk R commence LF trn, -, cont trn sd L, cl R to L fc Wall;
 SSS 5- 7 (Whisk) Fwd L, -, sd & fwd R, -; XLIB of R SCP/LOD, -,
 SQQS (Thru SCP Chasse) Thru R fc partner, -; Sd & fwd L, cl R, sd & fwd L SCP/LOD, -;
 SQQ 8- 9 (In & Out Runs) Fwd R commence RF trn, -, cont RF trn sd L fc RLOD, bk R(W fwd L, -,
 SQQ fwd R between M' s foot, fwd L) contra Bjo/RLOD; Bk L commence RF trn, -, fwd R between
 W' s foot, fwd L(W fwd R commence RF trn, -, cont RF trn sd L fc RDC, cont RF trn
 sd & fwd R) SCP/LOD;
 SQQ 10 (Thru Fc Cl) Thru R fc partner, -, sd L, cl R Bfly/Wall;
 S-S- 11-12 Sd L, -, draw R to L, -; Cl R to L, -, -;
 SS 13 (Solo Roll 2) Fwd L commence LF(W RF) roll, -, sd R twd LOD cont LF roll fc partner
 and Wall, -;
 S- 14 (Lunge Apt) Lunge sd L twd COH(W twd Wall) flex knee, -, -, -;