

# Loosen Up

Count: 32

Wand: 1

Ebene: Improver

Choreograf/in: Rhiannon Hembrough (UK)

Musik: Buttons - The Pussycat Dolls



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## **TWO WALKS FORWARD LEFT, RIGHT, POINT LEFT TO LEFT SIDE, CLOSE, RIGHT TO RIGHT SIDE (WEIGHT ON LEFT), STEP HITCH, STEP HITCH**

- 1-2 Left foot forward right foot forward
- 3&4 Point left foot to left side, close, point right foot to right side
- 5-6 Step forward on right, hitching left foot
- 7-8 Step forward on left, hitching right foot

## **RIGHT CHASSE, LEFT BACK ROCK, RECOVER, LEFT CHASSE, RIGHT BACK ROCK, RECOVER**

- 1&2 Right foot to right side, close left to right, step right to right side
- 3-4 Left foot back recover onto right
- 5&6 Left foot to left side, close right to left, step left to left side
- 7-8 Right foot back recover onto left

## **KICK RIGHT THEN LEFT STEP BACK ON RIGHT CLOSE LEFT NEXT TO RIGHT, RIGHT HEEL FORWARD CLOSE LEFT HEEL FORWARD CLOSE RIGHT TOE BACK, ½ TURN RIGHT**

- 1&2 Kick right foot forward, close right next to left, kick left foot forward
- &3-4 Close left next to right, step back on right, close left to right
- 5&6 Right heel forward, close, left heel forward
- &7-8 Close left to right, right toe back, ½ turn over right shoulder (weight onto right)

## **LEFT SHUFFLE FORWARD, MONETARY TURN ½ TURN RIGHT, LEFT TAP TO LEFT SIDE, TAP LEFT NEXT TO RIGHT (WEIGHT ON RIGHT)**

- 1&2 Left foot forward, close right to left, left foot forward
- 3&4 Point right foot to right side, close, point left to left side
- &5-6 Close left next to right, point right foot to right side, ½ turn right close
- 7-8 Point left foot to left side, tap left foot next to left

**REPEAT**

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