

# Loosen Up

Count: 64

Wand: 2

Ebene: Intermediate two step

Choreograf/in: Sara Preston (UK)

Musik: Some Days You Gotta Dance - The Chicks



## **TOUCH, CROSS, TAP TAP, STEP LOCK, STEP SCUFF**

- 1-2 Touch right toe to instep of left foot, heel dig at instep left foot
- 3-4 Tap right toe twice at left side of left foot
- 5-6 Step forward on right, lock step left behind right
- 7-8 Step right forward, scuff left beside right

## **TOUCH, CROSS, TAP TAP, STEP LOCK, STEP SCUFF**

- 9-10 Touch left toe to instep of right foot, heel dig at instep of right foot
- 11-12 Tap left toe twice at right side of right foot
- 13-14 Step forward on left, lock step right behind left
- 15-16 Step forward left, scuff right beside left

## **GRAPEVINE RIGHT WITH FULL TURN RIGHT**

- 17-18 Step right to right, step left behind right
- 19-20 Step right into  $\frac{1}{4}$  turn right, scuff left beside right
- 21-22 Step forward left, pivot  $\frac{1}{2}$  turn right brushing right foot back
- 23-24 Step right  $\frac{1}{4}$  turn left, touch left to center

## **STEP SLIDE STEP SCUFF TWICE**

- 25-26 Step left diagonally forward left, slide right beside left
- 27-28 Step left diagonally forward left, scuff right beside left
- 29-30 Step right diagonally forward right, slide left beside right
- 31-32 Step right diagonally forward right, scuff left beside right

## **LEFT JAZZ BOX, SWIVEL WITH $\frac{1}{4}$ TURN LEFT**

- 33-34 Cross left over right, step back right
- 35-36 Step left to left, step right to center
- 37-38 Swivel both heels to left, swivel both heels to right making  $\frac{1}{4}$  left
- 39-40 Step forward on left, touch right to left

## **2 X MONTEREY TURNS RIGHT**

- 41-42 Point right toe to right side, pivot  $\frac{1}{2}$  turn right on left foot
- 43-44 Point left toe to left side, step down on left
- 45-46 Point right toe to right side, pivot  $\frac{1}{2}$  turn right on left foot
- 47-48 Point left toe to left side, step down on left

## **2 X JAZZ BOX TURNS RIGHT**

- 49-50 Cross right over left, step back on left
- 51-52 Step right into  $\frac{1}{4}$  right, bring left to right
- 53-54 Cross right over left, step back on left
- 55-56 Step right into  $\frac{1}{4}$  right, bring left to right

## **KICK CROSS UNWIND $\frac{3}{4}$ LEFT. BUMP HIPS RIGHT, LEFT, RIGHT, LEFT**

- 57-58 Kick right foot forward, cross right over left
- 59-60 Unwind  $\frac{3}{4}$  turn over left shoulder (weight remains on left)
- 61-62 Bump hips right, left

63-64

Bump hips right, left

**REPEAT**

**TAG**

On 2nd and 6th wall, miss out steps 49-56 and continue dance from 57-64

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