

# Loosen Up

Count: 32

Wall: 2

Level: Improver

Choreographer: Lawrence Allen (USA) & Susan Puruleski (USA) - October 2014

Music: Loosen Up (feat. Sophia Shorai) - Golden



Intro: □ 16 counts

Restart on 3rd wall after 16 counts

**[1-8] □ Rocking chair, toe strut, toe strut**

- 1, 2            Rock right forward, recover on left
- 3, 4            Rock right back, recover on left
- 5, 6            Tap right toe forward, step down on right
- 7, 8            Tap left toe forward, step down on left

**[9-16] □ Step slide, step slide, cross point, cross point**

- 1, 2            Step right next to left, slide left out to back left diagonal
- 3, 4            Step left next to right, slide right out to back right diagonal
- 5, 6            Cross right over left, point left to left side
- 7, 8            Cross left over right, point right out to right side

Restart on 3rd wall

**[17-24] □ Jazz box ¼ right, hip bumps**

- 1, 2            Cross right over left, turn ¼ right step back on left
- 3, 4            Step right to right side, cross left over right
- 5, 6            Step right to right side and bump right hip to right side, bump left hip to left side
- 7, 8            Bump right hip twice to right side

**[25-32] □ Step together, step together ¼ left, step, walk around ½ left**

- 1, 2            Step left to left side, step right next to left
- 3&4            Step left to left side, step right next to left, ¼ turn left step left forward
- 5, 6            Step right, turn ¼ left step left
- 7, 8            Step right, turn ¼ left step left

Contact Information: -

Susan Puruleski – [spuruleski@gmail.com](mailto:spuruleski@gmail.com)

Lawrence Allen – [lindancinallen@aol.com](mailto:lindancinallen@aol.com)

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