

Hang Loose

Count: 32

Wall: 4

Level: Upper Beginner

Choreographer: Robyn Walthew (AUS) - May 2016

Music: Hang Loose - Alabama Shakes : (Album: Boys & Girls - iTunes - 2:38)



Intro: 16 Counts - Intro with Tag:

(Note – Same Tag is also at the End of Wall 2)

Tag – 16 counts

(1-8) Vine R with a Touch, Vine L with a Touch

1,2,3,4 Step R to side, Step L behind R, Step R to side, Tap L beside R

5, 6,7,8 Step L to side, Step R behind L, Step L to side, Tap R beside L

(9-16) Two ½ Pivots to L, Box Step Together

1,2,3,4 Step R Fwd, Pivot ½ L, Step R, Fwd, Pivot ½ L

5,6,7,8 Cross R over L, Step back on L, Step R to side, Step L beside R

Dance – 32 counts

(1-8) Step R Diag. Step Back L Diag. with Touches, Rock R, Recover, Behind-Side-Cross

1,2,3,4 Step R Fwd Diag. R, Tap L beside R, Step L Diag. back, Tap R beside L

5,6,7&8 Rock R to R, Recover L, Step R Behind L, Step L to Side, Cross R over L

(9-16) Rock L Recover, Behind-Side-Fwd ¼ to R, Skate diag Fwd R, L, Shuffle Fwd R

1,2,3,4 Rock L to L, Recover R, Step L Behind R, Step R Fwd ¼ R, Step L Fwd

5,6,7&8 Skate R Fwd diag. R, Skate L Fwd diag. L, Shuffle Fwd (R-L-R)

(17-24) Pivot ¼ to R, Cross Shuffle L, Step R, L-Behind, weave - Step ¼ R, Step L ¼ R

1,2,3&4 Step L Fwd, Pivot ¼ R, Cross shuffle L over R (L-R-L)

5,6,7,8 Step R to side, Step L behind R, ¼ turn R step R Fwd, ¼ turn R step L to side

(25-32) Step R behind L, ¼ L step L fwd, Step R ½ Pivot to L, Rocking Chair (or Pivots)

1.2.3.4 Step R behind L, Turn ¼ to L step L Fwd, Step R Fwd Pivot ½ to L

5,6,7,8 Rock Fwd on R, Rock-Replace L, Step Back on R, Rock-Replace L

(Option: 5,6,7,8 Step ½ Pivot to L, Step ½ Pivot to L)*

***16 Count Tag at the End of Wall 2 (Back Wall)**

Ending - Dance the last 4 counts (count 29-32), then Step forward on Right (count 33)

Step R Fwd ½ Pivot to L, Step R Fwd ¼ Pivot to L, add Step Fwd on R (Front)

Contact: Submitted by ~lynastirling@hotmail.com