

Loosen Up

Count: 64

Wall: 2

Level: Intermediate two step

Choreographer: Sara Preston (UK)

Music: 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
