

# Loosen Up

**Compte:** 32

**Mur:** 2

**Niveau:** Improver

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

**Musique:** 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

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