

On The Loose (AB)

Compte: 32

Mur: 4

Niveau: Absolute Beginner

Chorégraphe: Adrian Helliker (FR) - June 2018

Musique: On the Loose - Niall Horan



Intro: 32 counts into track - No Tag, No Restart

Floor Split with – Ria Vos high beginners dance we hope you like both our dances
<https://www.copperknob.co.uk/stepsheets/on-the-loose-ID124209.aspx>

[1-8] SIDE, TOGETHER, SIDE, TOUCH, SWAY LEFT-RIGHT-LEFT-RIGHT

- 1-2 Step right to right side, left beside right
- 3-4 Step right to right side, touch left beside right
- 5-6 Step left to left and sway hips left, right
- 7-8 Sway hips left, right taking weight on right

[9-16] SIDE, TOGETHER, SIDE, TOUCH, SWAY RIGHT-LEFT-RIGHT-LEFT

- 1-2 Step left to left side, right beside left
- 3-4 Step left to left side, touch right beside left
- 5-6 Step right to right and sway hips right left
- 7-8 Sway hips right left taking weight on left

[17-24] ROCKING CHAIR, JAZZ BOX WITH ¼ TURN RIGHT

- 1-2 Rock right foot forward, recover on the left,
- 3-4 Rock right foot back, recover on the left
- 5-6 Cross Right over Left, step back Left
- 7-8 ¼ turn right stepping Right to right side, left beside right taking weight on left (3:00)

[25-32] STEP, KICK, BACK, TOUCH X2

- 1-2 Step right forward, kick left forward
 - 3-4 Step left back, step right back weight on left
 - 5-6 Step right forward, kick left forward
 - 7-8 Step left back, step right back weight on left
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