

# Get Loose

**Compte:** 32

**Mur:** 2

**Niveau:** Improver

**Chorégraphe:** Heru Tian (INA) - July 2023

**Musique:** Get Loose - AGNEZ MO & Ciara



**No Tag, No Restart**

## **Section 1 : Walks, Sync V Step, Side, Behind Touch, Side Chasse with 1/4L**

- 12 Walk R Fwd (1), Walk L Fwd (2)  
&3&4 Step R Fwd to R Diagonal (&), Step L Fwd to L Diagonal (3), Step R Back to Center (&), Step L next to R (4)  
56 Step R to Side (5), Touch L Behind R (6)  
7&8 Step L to Side (7), Step R next to L (&), 1/4L, Step L Fwd (8) facing 9.00

## **Section 2 : Fwd Mambo, Back Lock Shuffle, Back, Together, Fwd, 1/2L Heel Bounce**

- 1&2 Rock R Fwd (1), Recover on L (&), Step R back (2)  
3&4 Step L back (3), Lock R over L (&), Step L back (4)  
56 Step R back (5), Step L next to R (6)  
7&8 Step R fwd (7), Rise both heels, make 1/2L (&), Return both heels (8) facing 3.00

## **Section. 3 : Coaster, Kick Ball Change, Heel Switches, Big Step Fwd, Together**

- 1&2 Step L back (1), Step R next to L (&), Step L Fwd (2)  
3&4 Kick R fwd (3), Ball R behind L (&), Step L in place (4)  
5&6& Tap R Heel Fwd (5), Close R next to L (&), Tap L Heel Fwd (6), Close L next to R (&)  
78 Take a long step R Fwd (7), Step L next to R (8)

## **S4 : Diagonal Back & Touch (X2), 1/4L Side (X3), Together**

- 1234 Step R back to R Diagonal (1), Touch L next to R (2), Step L back to L Diagonal (3), Touch R next to L (4)  
5678 1/4L, facing 12.00, Step R to Side (5), 1/4L facing 9.00, Step R To Side (6), 1/4L, facing 6.00, Step R to Side (7), Step L next to R (8)

**Start again...**

**Enjoy the dance**

**Herutian79@gmail.com**