

Loosen Up

Compte: 32

Mur: 2

Niveau: Improver social cha



Chorégraphe: Larry Bass (USA)

Musique: Give 'Em My Number - Darryl & Don Ellis

ROCK STEP, BALL-CHANGE, SCUFF, SIDE SHUFFLE LEFT, ROCK STEP

- 1-2 Step left foot forward, rock back onto right foot
- &3 Step ball of left foot back, step right foot forward
- 4 Scuff left foot forward
- 5&6 Step left foot to left, step right foot beside left, step left foot to left
- 7-8 Step right foot back, rock forward onto left foot

ROCK STEP, BALL-CHANGE, SCUFF, SIDE SHUFFLE RIGHT, ROCK STEP

- 1-2 Step right foot forward, rock back onto left foot
- &3 Step ball of right foot back, step left foot forward
- 4 Scuff right foot forward
- 5&6 Step right foot to right, step left foot beside right, step right foot to right
- 7-8 Step left foot back, rock forward onto right foot

DIAGONAL SHUFFLE LEFT, SAILOR SHUFFLE WITH HEEL TOUCH, CROSS & HEELS

- 1&2 Step left foot diagonally forward left, step right foot beside left, step left foot diagonally forward left
- 3&4 Cross right foot behind left, step left foot to left, touch right heel diagonally forward to right
- &5 Step right foot back & cross left foot over right
- &6 Step right foot to right & touch left heel diagonally forward left
- &7 Step left foot back & cross right foot over left
- &8 Step left foot to left & touch right heel diagonally forward right

STOMP, STOMP. HEEL LIFTS, STEP PIVOT TURN

- 1-2 Stomp right foot in place, stomp left foot in place
- 3-4 Tap left heel in place, twice
- 5-6 Tap right heel in place, twice
- 7-8 Step left foot forward: pivot ½ turn right onto right foot

REPEAT
