

# Loosen Up!

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Lesley Clark (SCO)

**Musique:** Buttons - The Pussycat Dolls

## **TOE SWITCHES, HITCH & POINT RIGHT & LEFT**

- 1&2& Point right out to right side, step right in place, point left to left side, step in place  
3&4& Point right to right side, hitch right knee up, point right to right side  
5&6& Point left to left side, step left in place, point right to right side, step in place  
7&8 Point left to left side, hitch left knee up, point left to left side

## **STEP, BEHIND, SIDE SHUFFLE RIGHT & LEFT**

- &1-2 Step left in place, step right to right side, step left behind right  
3&4 Side shuffle to right on a (right, left, right)  
5-6 Step left to left side, step right behind left  
7&8 Side shuffle to left on a (left, right, left)

## **SHUFFLE RIGHT & LEFT, ROCKING CHAIR, STEP ¼ TURN**

- 1&2 Right shuffle forward on a (right, left, right)  
3&4 Left shuffle forward on a (left, right, left)  
5&6& Rock forward onto right, recover on left, rock back onto right, recover on left  
7-8 Step forward on right, turn a ¼ turn to left (weight on left foot)

## **CROSS STEP, STEP, BEHIND, SIDE, FRONT, ROCK, RECOVER, BEHIND, SIDE, FRONT**

- 1-2 Cross step right over left, step left to left side  
3&4 Cross right behind left, step to the left, cross step right in front of left  
5-6 Rock out on left, recover  
7&8 Cross step left behind right, step right to right side, cross step left in front of right

## **REPEAT**