

# Loosen Up

拍数: 32      墙数: 2      级数: Improver  
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音乐: 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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