

# Loosen Up

拍数: 32      墙数: 2      级数: Improver social cha  
编舞者: Larry Bass (USA)  
音乐: Give 'Em My Number - Darryl & Don Ellis



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## 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**

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