

Loosen Up

拍数: 32 墙数: 1 级数: Improver
编舞者: Rhiannon Hembrough (UK)
音乐: Buttons - The Pussycat Dolls



TWO WALKS FORWARD LEFT, RIGHT, POINT LEFT TO LEFT SIDE, CLOSE, RIGHT TO RIGHT SIDE (WEIGHT ON LEFT), STEP HITCH, STEP HITCH

1-2 Left foot forward right foot forward
3&4 Point left foot to left side, close, point right foot to right side
5-6 Step forward on right, hitching left foot
7-8 Step forward on left, hitching right foot

RIGHT CHASSE, LEFT BACK ROCK, RECOVER, LEFT CHASSE, RIGHT BACK ROCK, RECOVER

1&2 Right foot to right side, close left to right, step right to right side
3-4 Left foot back recover onto right
5&6 Left foot to left side, close right to left, step left to left side
7-8 Right foot back recover onto left

KICK RIGHT THEN LEFT STEP BACK ON RIGHT CLOSE LEFT NEXT TO RIGHT, RIGHT HEEL FORWARD CLOSE LEFT HEEL FORWARD CLOSE RIGHT TOE BACK, ½ TURN RIGHT

1&2 Kick right foot forward, close right next to left, kick left foot forward
&3-4 Close left next to right, step back on right, close left to right
5&6 Right heel forward, close, left heel forward
&7-8 Close left to right, right toe back, ½ turn over right shoulder (weight onto right)

LEFT SHUFFLE FORWARD, MONETARY TURN ½ TURN RIGHT, LEFT TAP TO LEFT SIDE, TAP LEFT NEXT TO RIGHT (WEIGHT ON RIGHT)

1&2 Left foot forward, close right to left, left foot forward
3&4 Point right foot to right side, close, point left to left side
&5-6 Close left next to right, point right foot to right side, ½ turn right close
7-8 Point left foot to left side, tap left foot next to left

REPEAT
