

Loosen Up

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Lesley Clark (SCO) - June 2006
音乐: Buttons - The Pussycat Dolls : (Album: PCD)



Start on vocals

TOE SWITCHES, HITCH & POINT RIGHT & LEFT

- 1 Point right out to right side, step right in place, point left to left side, step in place
- 3 Point right to right side, hitch right knee up, point right to right side
- 5 Point left to left side, step left in place, point right to right side, step in place
- 7 Point left to left side, hitch left knee up, point left to left side

STEP,BEHIND, SIDE SHUFFLE RIGHT & LEFT

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

SHUFFLE RIGHT & LEFT, ROCKING CHAIR, STEP ¼ TURN

- 1 Right shuffle forward on a (right, left, right)
- 3 Left shuffle forward on a (left, right, left)
- 5 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 Cross right behind left, step to the left, cross step right in front of left
- 5-6 Rock out on left, recover
- 7 Cross step left behind right, step right to right side, cross step left in front of right

END OF DANCE??. HAVE FUN???. DANCE WITH ATTITUDE
