

# Get Loose

**COPPER** **KNOB**  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Esmeralda van de Pol (NL) - October 2022  
音樂: Lucy - Destra



**Intro: 16 counts, NO TAGS, NO RESTARTS**

## **WALK FWD, SIDE MAMBO, FWD, WALK FWD, MAMBO STEP**

1-2            Step RF fwd, Step LF fwd  
3&4           Rock RF to R side, Recover weight on LF, step RF next to LF  
5-6           Walk LF fwd, Walk RF fwd  
7&8           Rock LF fwd, Recover weight on RF, Step LF next to RF

## **PIVOT ¼ TURN L, CROSS SHUFFLE, SIDE ROCK ¼ TURN R, ¼ TURN R SIDE ROCK**

1-2            Step RF fwd, ¼ turn L-weight on LF 09.00  
3&4           Cross RF over LF, Step LF to L side, Cross RF over LF  
5-6           Rock LF to L side, ¼ turn R-recover weight on RF 12.00  
7-8           ¼ turn R, Rock LF to L side, Recover weight on RF 03.00

## **CROSS ROCK, CHASE 1/8 TURN L, CROSS, 1/8 TURN R, 1/8 TURN R, STEP BACK, 1/4 TURN R**

1-2            Rock LF in front of RF, Recover weight on RF  
3&4           Step LF to L side, Step RF next to LF, 1/8 turn L-step LF diagonal fwd 01.30  
5-6           Cross RF in front of LF, 1/8 turn R-step LF to L side 03.00  
7&8           1/8 turn R-step RF back, Step LF back, 1/4 turn R-Step RF diagonal fwd 07.30

## **WALK FWD, SHUFFLE FWD, WALK 7/8 TURN L**

1-2            step LF fwd, Step RF fwd  
3&4           Step LF fwd, Step RF next to LF, Step LF fwd  
5-6           Step RF fwd, 3/8 turn L-Step LF fwd 03.00  
7-8           ¼ turn L-step RF fwd, ¼ turn L-step LF fwd 09.00

**Dance With Esmeralda**

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