

# Loosen Up

**COPPER KNOB**  
BY STEPHEN METZ

拍數: 32      牆數: 1      級數: Improver  
編舞者: Rhiannon Hembrough (UK)  
音樂: Buttons - The Pussycat Dolls



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## **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**

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