

Loosen Up

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Geri Morrison (UK) & Kiley Evans (UK)
音樂: Some Days You Gotta Dance - Keith Urban



SIDE TOGETHER FORWARD HOLD, PIVOT ½ TURN RIGHT STEP FORWARD HOLD

1-2 Step right to right side, bring left beside right
3-4 Step forward on right, hold
5-6 Step forward on left, pivot ½ turn right
7-8 Step forward on left, hold

STRUT FORWARD RIGHT LEFT, WALK BACK RIGHT LEFT TWICE

1-2 Step right toe forward, drop heel
3-4 Step left toe forward, drop heel
5-6 Walk back right, left
7-8 Walk back right, left

TOUCH KICK, WEAWE, CROSS UNWIND, STOMP, STOMP

1-2 Touch right beside left, kick right diagonal right
3-4 Cross right behind left, step left to left side
5-6 Cross right in front of left, unwind ½ turn left (weight on left)
7-8 Stomp right, stomp left, (12::00)

CROSS STRUT, SIDE STRUT, JAZZ BOX ¼ TURN

1-2 Cross right toe over left, drop heel
3-4 Touch left toe to left side, drop heel
5-6 Cross right over left, step back on left turning ¼ right
7-8 Step right to right, step left next to right

JAZZ BOX ¼ TURN, SHUFFLE FORWARD, PIVOT ½ TURN

1-2 Cross right over left, step back on left turning ¼ right, (6:00)
3-4 Step right to right, step left next to right
5&6 Shuffle forward stepping right, left, right
7-8 Step left forward, pivot ½ turn right (taking weight on right)

SHUFFLE ½ TURN, ROCK RECOVER, SHUFFLE ½ TURN, ROCK, RECOVER

1&2 Shuffle ½ turn right, stepping left, right, left
3-4 Rock back on right, recover weight on left
5&6 Shuffle ½ turn left, stepping right, left, right
7-8 Rock back on left, recover weight on right

CHASSE LEFT, ROCK BACK RECOVER, HEEL STEPS, BACK STEPS

1&2 Chasse left, stepping left, right, left (12:00)
3-4 Rock back on right, recover weight on left
5-6 Step forward on right heel, step forward on left heel
7-8 Step back on right, step back on left

Restart here on wall 2

CHUG TWICE, SPREAD ARMS, HOLD, ¼ TURN, FULL TURN STEP LEFT

1-2 Chug forward twice
Option: step forward right, step left next to right
3-4 Spread arms, hold

5-6 Turn $\frac{1}{4}$ right stepping right forward, step back on left turning $\frac{1}{2}$ turn right

7-8 Turn $\frac{1}{2}$ right stepping forward on right, step left next to right, (3:00)

Easy option for count 6-7: walk forward left, right

REPEAT

RESTART

Restart on the second wall (facing 3:00) at the end on section 7 (count 56)

ENDING

To finish the dance: you're on section 6, counts 3-4. Rock back recover (facing 6:00). Cross your right over left. Unwind to the front over left shoulder. Spread arms in the air
