## Loosen Up!

Count: 32 Wand: 4 Ebene: Intermediate
Choreograf/in: Lesley Clark (SCO)
Musik: Buttons - The Pussycat Dolls

## TOE SWITCHES, HITCH \& POINT RIGHT \& LEFT

1\&2\& Point right out to right side, step right in place, point left to left side, step in place
3\&4\& Point right to right side, hitch right knee up, point right to right side
5\&6\& Point left to left side, step left in place, point right to right side, step in place
7\&8
Point left to left side, hitch left knee up, point left to left side

## STEP, BEHIND, SIDE SHUFFLE RIGHT \& LEFT

\&1-2 Step left in place, step right to right side, step left behind right
Side shuffle to right on a (right, left, right)
5-6 Step left to left side, step right behind left
7\&8
Side shuffle to left on a (left, right, left)

## SHUFFLE RIGHT \& LEFT, ROCKING CHAIR, STEP ¼ TURN

$1 \& 2 \quad$ Right shuffle forward on a (right, left, right)
3\&4 Left shuffle forward on a (left, right, left)
5\&6\& Rock forward onto right, recover on left, rock back onto right, recover on left
7-8 Step forward on right, turn a $1 / 4$ 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
$3 \& 4 \quad$ Cross right behind left, step to the left, cross step right in front of left
5-6 Rock out on left, recover
$7 \& 8 \quad$ Cross step left behind right, step right to right side, cross step left in front of right
REPEAT

