

# Loosen Up!

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Lesley Clark (SCO)

Musik: Buttons - The Pussycat Dolls



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## TOE SWITCHES, HITCH & POINT RIGHT & LEFT

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|------|--|
| 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

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|------|--|
| &1-2 | Step left in place, step right to right side, step left behind right |
| 3&4  | 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  | 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 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&4 | Cross right behind left, step to the left, cross step right in front of left              |
| 5-6 | Rock out on left, recover   |
| 7&8 | Cross step left behind right, step right to right side, cross step left in front of right |

## REPEAT

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