

Loosen Up!

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Lesley Clark (SCO)

Musique: Buttons - The Pussycat Dolls



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

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

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