

# Loosen Up

**COPPER KNOB**  
STEPSHEETS

拍数: 64      墙数: 2      级数: Intermediate two step  
编舞者: Sara Preston (UK)  
音乐: Some Days You Gotta Dance - The Chicks



## TOUCH, CROSS, TAP TAP, STEP LOCK, STEP SCUFF

- 1-2      Touch right toe to instep of left foot, heel dig at instep left foot
- 3-4      Tap right toe twice at left side of left foot
- 5-6      Step forward on right, lock step left behind right
- 7-8      Step right forward, scuff left beside right

## TOUCH, CROSS, TAP TAP, STEP LOCK, STEP SCUFF

- 9-10      Touch left toe to instep of right foot, heel dig at instep of right foot
- 11-12      Tap left toe twice at right side of right foot
- 13-14      Step forward on left, lock step right behind left
- 15-16      Step forward left, scuff right beside left

## GRAPEVINE RIGHT WITH FULL TURN RIGHT

- 17-18      Step right to right, step left behind right
- 19-20      Step right into  $\frac{1}{4}$  turn right, scuff left beside right
- 21-22      Step forward left, pivot  $\frac{1}{2}$  turn right brushing right foot back
- 23-24      Step right  $\frac{1}{4}$  turn left, touch left to center

## STEP SLIDE STEP SCUFF TWICE

- 25-26      Step left diagonally forward left, slide right beside left
- 27-28      Step left diagonally forward left, scuff right beside left
- 29-30      Step right diagonally forward right, slide left beside right
- 31-32      Step right diagonally forward right, scuff left beside right

## LEFT JAZZ BOX, SWIVEL WITH $\frac{1}{4}$ TURN LEFT

- 33-34      Cross left over right, step back right
- 35-36      Step left to left, step right to center
- 37-38      Swivel both heels to left, swivel both heels to right making  $\frac{1}{4}$  left
- 39-40      Step forward on left, touch right to left

## 2 X MONTEREY TURNS RIGHT

- 41-42      Point right toe to right side, pivot  $\frac{1}{2}$  turn right on left foot
- 43-44      Point left toe to left side, step down on left
- 45-46      Point right toe to right side, pivot  $\frac{1}{2}$  turn right on left foot
- 47-48      Point left toe to left side, step down on left

## 2 X JAZZ BOX TURNS RIGHT

- 49-50      Cross right over left, step back on left
- 51-52      Step right into  $\frac{1}{4}$  right, bring left to right
- 53-54      Cross right over left, step back on left
- 55-56      Step right into  $\frac{1}{4}$  right, bring left to right

## KICK CROSS UNWIND $\frac{3}{4}$ LEFT. BUMP HIPS RIGHT, LEFT, RIGHT, LEFT

- 57-58      Kick right foot forward, cross right over left
- 59-60      Unwind  $\frac{3}{4}$  turn over left shoulder (weight remains on left)
- 61-62      Bump hips right, left

63-64            Bump hips right, left

**REPEAT**

**TAG**

On 2nd and 6th wall, miss out steps 49-56 and continue dance from 57-64

---