

Loosen Up

拍數: 64 牆數: 2 級數: Intermediate two step
編舞者: Sara Preston (UK)
音樂: 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
