

# Loosen Up

拍數: 64      牆數: 4      級數: Advanced / Intermediate  
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音樂: Turn Me Loose - Young Divas



## **(1-8) Walk, Walk, Together, Push Back, Knee Pops, Kick**

- 1 – 2      Walk forward – right, left
- 3 – 4      Close right to left bending knees, push bottom back
- 5 – 8      Right knee pops – in, out, in, kick right to right diagonal

## **(9-16) Behind, Side, Cross Shuffle, Large Side Step, Drag Right Towards Left, Ball Cross**

- 1 – 2      Cross right behind left, step left to left
- 3 & 4      Cross right over left, left to left, cross right over left
- 5 – 7      Large step to left, drag right towards left over 2 beats
- & 8      Step on ball of right next to left, cross left over right

## **(17-24) Side, Behind, ¼ Turning Shuffle, Heel, Hold, Heel, Switch, Heel, Switch**

- 1 – 2      Step right to right, cross left behind right
- 3 & 4      Turn ¼ right and shuffle forward – right, left, right (advanced 1 ¼ turning shuffle)
- 5 – 6      Left heel forward, hold
- & 7 & 8      Close left to right, right heel forward, close right to left, left heel forward, close left to right

## **(25-32) Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover 1 ½ Turning Shuffle**

- 1 – 2      Rock forward on right, recover on left
- 3 – 4      Rock back on right turning body and look back, recover forward on left (squaring up again)
- 5 – 6      Rock forward on right, recover on left
- 7 & 8      Turning 1 ½ right shuffle right, left, right

## **(33-40) Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover, 1 ¼ Turning Chasse to Left**

- 1 – 2      Rock forward on left, recover on right
- 3 – 4      Rock back on left turning body and look back, recover forward on right (squaring up again)
- 5 – 6      Rock forward on left, recover on right
- 7 & 8      Turning chasse 1 ¼ to left

## **(41-48) Cross, Rock, Side, Rock, Cross, (Cuban Break Step) Hitch Hold, Lunge, Recover and Flick, Chasse to Left**

- 1 & 2 &      Cross right over left, recover, rock right to right, recover
- 3 – 4      Cross right over left, hitch left and hold and push hands forward (as if you are saying “stop”)
- 5 – 6      Lunge left to left, recover onto right flicking left foot behind right
- 7 & 8      Chasse to left side

## **(49-56) ‘V Step’, Hitch, Coaster ¼ Turn**

- 1 – 2      Step forward and out on right, step forward and out on left
- 3 – 4      Step back on right, close left to right
- 5 – 6      Turning to left diagonal step forward on right, hitch left knee
- 7 & 8      Coaster step turning ¼ right to face right diagonal

## **(57-64) Step, Hitch, Coaster Step Squaring Up, 2 x 1/8th Paddles Rolling Hips Round**

- 1 – 2      Step forward on right towards right diagonal, hitch left knee up
- 3 & 4      Step back on left, close right to left squaring up, step forward on left
- 5 – 8      Paddle turn 1/8th left rolling hips anti clockwise, paddle turn 1/8th left rolling hips anti clockwise

