

Loosen Up (□□□□)

Count: 64 **Wall:** 4 **Level:** Intermediate/Advanced

Choreographer: Robert Lindsay , Pat & Lizzie Stott (Aug 08)

Music: Turn Me Loose by Young Divas

□□□

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

□□□□ -□ , □ , □ , □□□□□□

□□□

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

□□□□ , □□ 2□□□□□□

& 8

Step on ball of right next to left, cross left over right

□□□□ , □□□□□□□□

□□□

Side, Behind, 1/4 Turning Shuffle,

Heel, Hold, Heel, Switch, Heel, Switch □ , □ , 1/4□□□ , □ , □ , □ , □□ , □ , □□

1 - 2

Step right to right, cross left behind right

□□□□ , □□□□□□□□

3 & 4

Turn 1/4 right and shuffle forward - right, left, right (advanced 1 1/4

turning shuffle)

□□ 90□□□□ -□ , □ , □ (□□□ :270□□□□)

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

□□□□ , □□□□ , □□□□ , □□□□ , □□□□

□□□

Rock Forward, Recover, Rock Back,

Recover, Rock Forward, Recover 1 ½ Turning Shuffle □□□ , □□ , □□□ , □□ , □□□ , 1 ½

□□□

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

□□□ 180□□□□□ -□ , □ , □

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Rock Forward, Recover, Rock Back, Recover, Rock

Forward, Recover, 1 ¼ Turning Chasse to Left

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">, □□ , □□□ , □□ , □□□ , □□ , □ 1 ¼□□□

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 [] [] [] [] 90 []

mso-font-kerning:0pt"> [] [] [] []

mso-font-kerning:0pt">

mso-font-kerning:0pt">Cross, Rock, Side, Rock, Cross, (Cuban Break Step)

Hitch Hold, Lunge, Recover and Flick, Chasse to Left

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[] [] ,

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mso-font-kerning:0pt"> [] [] , [] [] [] []

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")

□□□□□□□□ , □□□ &□ &□□□□ (□ "Stop")

5 - 6

Lunge left to left, recover onto right flicking left foot behind

right □□□□□□ , □□□□□□□□□□

7 & 8

Chasse to left side □□□

mso-font-kerning:0pt">□□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">'V Step',

Hitch, Coaster 1/4 Turn

V□□□ , □ , □ 1/4□□□

1 - 2

Step forward and out on right, step forward and out on left

□□□□□□ , □□□□□□ (□ V□□)

3 - 4

Step back on right, close left to right

□□□□ , □□□□

5 - 6

Turning to left diagonal step forward on right, hitch left knee

□□ 45□□□□ , □□

7 & 8

Coaster step turning ¼ right to face right diagonal

□□ 90□□□□□□□□

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mso-font-kerning:0pt">Step, Hitch, Coaster Step Squaring Up, 2 x 1/8th

Paddles Rolling Hips Round □ , □ , □□□□□ , □□ 1/8□□□

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

□□ 45□□□□□□□□ , □□ 45□□□□□□□□