

# LOOSEN UP!

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Lesley Clark

**Music:** Buttons by The Pussycat Dolls

## TOE SWITCHES, HITCH & POINT RIGHT & LEFT

- 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

- &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

- 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

- 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