

Loosen Up

64 Count, 4 Wall, Intermediate/Advanced
Choreographers: 'The Scot-Stott Team' - Robert
Lindsay, Pat and Lizzie Stott (UK) Aug 2008
Choreographed to: Turn Me Loose by Young Divas
(124 bpm), CD: New Attitude

- 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
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