

LOOSEN UP

LINEDANCE.COM

Count: 32

Wall: 1

Level: beginner/intermediate

Choreographer: Rhiannon Hembrough

Music: Buttons by The Pussycat Dolls

TWO WALKS FORWARD LEFT, RIGHT, POINT LEFT TO LEFT SIDE, CLOSE, RIGHT TO RIGHT SIDE (WEIGHT ON LEFT), STEP HITCH, STEP HITCH

- 1-2** Left foot forward right foot forward
- 3&4** Point left foot to left side, close, point right foot to right side
- 5-6** Step forward on right, hitching left foot
- 7-8** Step forward on left, hitching right foot

RIGHT CHASSE, LEFT BACK ROCK, RECOVER, LEFT CHASSE, RIGHT BACK ROCK, RECOVER

- 1&2** Right foot to right side, close left to right, step right to right side
- 3-4** Left foot back recover onto right
- 5&6** Left foot to left side, close right to left, step left to left side
- 7-8** Right foot back recover onto left

KICK RIGHT THEN LEFT STEP BACK ON RIGHT CLOSE LEFT NEXT TO RIGHT, RIGHT HEEL FORWARD CLOSE LEFT HEEL FORWARD CLOSE RIGHT TOE BACK, ½ TURN RIGHT

- 1&2** Kick right foot forward, close right next to left, kick left foot forward
- &3-4** Close left next to right, step back on right, close left to right
- 5&6** Right heel forward, close, left heel forward
- &7-8** Close left to right, right toe back, ½ turn over right shoulder (weight onto right)

LEFT SHUFFLE FORWARD, MONETARY TURN ½ TURN RIGHT, LEFT TAP TO LEFT SIDE, TAP LEFT NEXT TO RIGHT (WEIGHT ON RIGHT)

- 1&2** Left foot forward, close right to left, left foot forward
- 3&4** Point right foot to right side, close, point left to left side
- &5-6** Close left next to right, point right foot to right side, ½ turn right close
- 7-8** Point left foot to left side, tap left foot next to left

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=28931