

Get Loose

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Esmeralda van de Pol (NL) - October 2022

Music: - Destra

Intro: 16 counts, NO TAGS, NO RESTARTS

WALK FWD, SIDE MAMBO, FWD, WALK FWD, MAMBO STEP

- 1-2** Step RF fwd, Step LF fwd
- 3&4** Rock RF to R side, Recover weight on LF, step RF next to LF
- 5-6** Walk LF fwd, Walk RF fwd
- 7&8** Rock LF fwd, Recover weight on RF, Step LF next to RF

PIVOT ¼ TURN L, CROSS SHUFFLE, SIDE ROCK ¼ TURN R, ¼ TURN R SIDE ROCK

- 1-2** Step RF fwd, ¼ turn L-weight on LF 09.00
- 3&4** Cross RF over LF, Step LF to L side, Cross RF over LF
- 5-6** Rock LF to L side, ¼ turn R-recover weight on RF 12.00
- 7-8¼ turn R, Rock LF to L side, Recover weight on RF 03.00**

CROSS ROCK, CHASE 1/8 TURN L, CROSS, 1/8 TURN R, 1/8 TURN R, STEP BACK, 1/4 TURN R

- 1-2** Rock LF in front of RF, Recover weight on RF
- 3&4** Step LF to L side, Step RF next to LF, 1/8 turn L-step LF diagonal fwd 01.30
- 5-6** Cross RF in front of LF, 1/8 turn R-step LF to L side 03.00
- 7&81/8 turn R-step RF back, Step LF back, 1/4 turn R-Step RF diagonal fwd 07.30**

WALK FWD, SHUFFLE FWD, WALK 7/8 TURN L

- 1-2step LF fwd, Step RF fwd**
- 3&4** Step LF fwd, Step RF next to LF, Step LF fwd
- 5-6** Step RF fwd, 3/8 turn L-Step LF fwd 03.00
- 7-8¼ turn L-step RF fwd, ¼ turn L-step LF fwd 09.00**

Dance With Esmeralda

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=165142