

# LOOSEN UP

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Geri Morrison & Kiley Evans

**Music:** Some Days You Gotta Dance by Keith Urban

## SIDE TOGETHER FORWARD HOLD, PIVOT ½ TURN RIGHT STEP FORWARD HOLD

- 1-2 Step right to right side, bring left beside right
- 3-4 Step forward on right, hold
- 5-6 Step forward on left, pivot ½ turn right
- 7-8 Step forward on left, hold

## STRUT FORWARD RIGHT LEFT, WALK BACK RIGHT LEFT TWICE

- 1-2 Step right toe forward, drop heel
- 3-4 Step left toe forward, drop heel
- 5-6 Walk back right, left
- 7-8 Walk back right, left

## TOUCH KICK, WEAWE, CROSS UNWIND, STOMP, STOMP

- 1-2 Touch right beside left, kick right diagonal right
- 3-4 Cross right behind left, step left to left side
- 5-6 Cross right in front of left, unwind ½ turn left (weight on left)
- 7-8 Stomp right, stomp left, (12::00)

## CROSS STRUT, SIDE STRUT, JAZZ BOX ¼ TURN

- 1-2 Cross right toe over left, drop heel
- 3-4 Touch left toe to left side, drop heel
- 5-6 Cross right over left, step back on left turning ¼ right
- 7-8 Step right to right, step left next to right

## JAZZ BOX ¼ TURN, SHUFFLE FORWARD, PIVOT ½ TURN

- 1-2 Cross right over left, step back on left turning ¼ right, (6:00)
- 3-4 Step right to right, step left next to right
- 5&6 Shuffle forward stepping right, left, right

7-8 Step left forward, pivot ½ turn right (taking weight on right)

### **SHUFFLE ½ TURN, ROCK RECOVER, SHUFFLE ½ TURN, ROCK, RECOVER**

1&2 Shuffle ½ turn right, stepping left, right, left

3-4 Rock back on right, recover weight on left

5&6 Shuffle ½ turn left, stepping right, left, right

7-8 Rock back on left, recover weight on right

### **CHASSE LEFT, ROCK BACK RECOVER, HEEL STEPS, BACK STEPS**

1&2 Chasse left, stepping left, right, left (12:00)

3-4 Rock back on right, recover weight on left

5-6 Step forward on right heel, step forward on left heel

7-8 Step back on right, step back on left

**Restart here on wall 2**

### **CHUG TWICE, SPREAD ARMS, HOLD, ¼ TURN, FULL TURN STEP LEFT**

1-2 Chug forward twice

**Option: step forward right, step left next to right**

3-4 Spread arms, hold

5-6 Turn ¼ right stepping right forward, step back on left turning ½ turn right

7-8 Turn ½ right stepping forward on right, step left next to right, (3:00)

**Easy option for count 6-7: walk forward left, right**

**REPEAT**

**RESTART**

**Restart on the second wall (facing 3:00) at the end on section 7 (count 56)**

**ENDING**

**To finish the dance: you're on section 6, counts 3-4. Rock back recover (facing 6:00). Cross your right over left. Unwind to the front over left shoulder. Spread arms in the air**