

Loosen Up

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Count: 32 **Wall:** 2 **Level:** Improver

Choreographer: Lawrence Allen & Susan Puruleski (Oct 2014)

Music: Loosen Up - Golden ft. Sophia Shorai

Intro: 16 counts

Restart on 3rd wall after 16 counts

[1-8] Rocking chair, toe strut, toe strut

- 1, 2 Rock right forward, recover on left
- 3, 4 Rock right back, recover on left
- 5, 6 Tap right toe forward, step down on right
- 7, 8 Tap left toe forward, step down on left

[9-16] Step slide, step slide, cross point, cross point

- 1, 2 Step right next to left, slide left out to back left diagonal
- 3, 4 Step left next to right, slide right out to back right diagonal
- 5, 6 Cross right over left, point left to left side
- 7, 8 Cross left over right, point right out to right side

Restart on 3rd wall

[17-24] Jazz box $\frac{1}{4}$ right, hip bumps

- 1, 2 Cross right over left, turn $\frac{1}{4}$ right step back on left
- 3, 4 Step right to right side, cross left over right
- 5, 6 Step right to right side and bump right hip to right side, bump left hip to left side
- 7, 8 Bump right hip twice to right side

[25-32] Step together, step together $\frac{1}{4}$ left, step, walk around $\frac{1}{2}$ left

- 1, 2 Step left to left side, step right next to left
- 3&4 Step left to left side, step right next to left, $\frac{1}{4}$ turn left step left forward
- 5, 6 Step right, turn $\frac{1}{4}$ left step left
- 7, 8 Step right, turn $\frac{1}{4}$ left step left

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