

Loosen Up

BEGINNER

32 Count

Choreographed by: Larry Bass
Choreographed to: I Just Want
To Dance With You by George Strait

ROCK STEP, BALL-CHANGE, SCUFF; SIDE SHUFFLE LEFT, ROCK STEP.

- 1 - 2 Step left foot forward; rock back onto right foot.
& 3 Step ball of left foot back, step right foot forward.
4 Scuff left foot forward.
5 & 6 Step left foot to left, step right foot beside left; step left foot to left.
7 - 8 Step right foot back; rock forward onto left foot.

ROCK STEP, BALL-CHANGE, SCUFF; SIDE SHUFFLE RIGHT, ROCK STEP.

- 1 - 2 Step right foot forward; rock back onto left foot.
& 3 Step ball of right foot back, step left foot forward.
4 Scuff right foot forward.
5 & 6 Step right foot to right, step left foot beside right; step right foot to right.
7 - 8 Step left foot back; rock forward onto right foot.

DIAGONAL SHUFFLE LEFT, SAILOR SHUFFLE WITH HEEL TOUCH; CROSS & HEELS.

- 1 & 2 Step left foot diagonally forward left, step right foot beside left; step left foot diagonally forward left.
3 & 4 Cross right foot behind left, step left foot to left; touch right heel diagonally forward to right.
& 5 Step right foot back & cross left foot over right.
& 6 Step right foot to right & touch left heel diagonally forward left.
& 7 Step left foot back & cross right foot over left.
& 8 Step left foot to left & touch right heel diagonally forward right.

STOMP, STOMP. HEEL LIFTS, STEP PIVOT TURN.

- 1 - 2 Stomp right foot in place; stomp left foot in place.
3 - 4 Tap left heel in place, twice.
5 - 6 Tap right heel in place, twice.
7 - 8 Step left foot forward: pivot 1/2 turn right onto right foot.

REPEAT