

Loosen Up

64 count, 4 wall, intermediate level

Choreographer: Geri Morrison and Kiley Evans (UK
March 2005)Choreographed to: Some Days You Gotta Dance By
Keith Urban on CD Album in the Ranch (170 bpm)

Start on the vocals, 40 count Intro

Side Together Forward Hold, Pivot 1/2 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 1/2 Turn Right,
7-8 Step Forward On Left, Hold,

Strut Forward Right Left, Walk Back Right Left X 2

- 1-2 Step Right Toe Forward, Drop Heal,
3-4 Step Left Toe Forward, Drop Heal,
5-6 Walk Back Right, Left,
7-8 Walk back Right, Left

Touch Kick, Weave, 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 1/2 Turn Left (Weight on Left)
7-8 Stomp Right, Stomp Left, (12: o'clock)

Cross Strut, Side Strut, Jazz Box 1/4 Turn

- 1-2 Cross Right Toe Over Left, Drop Heal,
3-4 Touch Left Toe To Left Side, Drop Heal,
5-6 Cross Right Over Left, Step Back On Left Turning 1/4 Right,
7-8 Step Right To Right, Step Left Next To Right,

Jazz Box 1/4 Turn, Shuffle Forward, Pivot 1/2 Turn

- 1-2 Cross Right Over Left, Step Back On Left Turning 1/4 Right, (6:o'clock)
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 1/2 Turn Right (Taking Weight On Right)

Shuffle 1/2 Turn, Rock Recover, Shuffle 1/2 Turn, Rock Recover,

- 1&2 Shuffle 1/2 Turn Right, Stepping Left, Right, Left,
3-4 Rock Back On Right, Recover Weight On Left,
5&6 Shuffle 1/2 Turn Left, Stepping Right, Left, Right,
7-8 Rock Back On Left, Recover Weight On Right,

Chasse Left, Rock Back Recover, Heal Steps, Back Steps,

- 1&2 Chasse Left, Stepping Left, Right, Left, (12:o'clock)
3-4 Rock Back On Right, Recover Weight On Left,
5-6 Step Forward On Right Heal, Step Forward On Left Heal,
7-8 Step Back On Right, Step Back On Left, (**Restart Here**)

Chug X 2, Spread Arms, Hold, 1/4 Turn, Full Turn, Step Left,

- 1-2 Chug Forward Twice,(Small Jumps Forward On Both Feet) (option Step Forward Right, Step
Left Next to Right)
3-4 Spread Arms (On 3) Hold (on 4)
5-6 Turn 1/4 Right Stepping Right Forward, Step Back On Left Turning 1/2 Turn Right,
7-8 Turn 1/2 Right Stepping Forward On Right, Step Left Next To Right, (3:o'clock)
(Easy Option for Count 6-7 Walk Forward Left, Right)

Restart: There is a Restart on the Second Wall Facing 3:o'clock at the end on Section 7
To finish the dance you're On Section 6, Counts 3-4 Rock Back Recover (Facing 6:o'clock)
Cross Your Right Over Left Unwind To the Front over Left Shoulder Spread Arms in the Air
