

## Loosen Up

32 count, 1 wall, beginner/intermediate level  
Choreographer: Rhiannon Hembrough (England)  
July 2006  
Choreographed to: Buttonz by Pussycat Dolls

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**Two walks forward left, right, point left to left side, close, right to right side (weight on left), step hitch, step hitch.**

- 1-2 Left foot forward right foot forward
- 3&4 Point left foot to left side, close, point right foot to right side
- 5-6 Step forward on right, hitching left foot
- 7-8 Step forward on left, hitching right foot

**Right chasse, left back rock, recover, left chasse, r back rock, recover**

- 1&2 Right foot to right side, close left to right, step right to right side
- 3-4 Left foot back recover onto right
- 5&6 Left foot to left side, close right to left, step left to left side
- 7-8 Right foot back recover onto left

**Kick right then left step back on right close left next to right. Right heel forward close left heel forward close right toe back, ½ turn right.**

- 1&2 Kick right foot forward, close right next to left, kick left foot forward
- &34 Close left next to right, step back on right, close left to right
- 5&6 Right heel forward, close, left heel forward
- &78 Close left to right, right toe back, ½ turn over right shoulder (weight onto right)

**Left shuffle forward, monteray turn ½ turn right, left tap to left side, tap left next to right (weight on right)**

- 1&2 Left foot forward, close right to left, left foot forward
- 3&4 Point right foot to right side, close, point left to left side
- &56 Close left next to right, point right foot to right side, ½ turn right close
- 7-8 Point left foot to left side, tap left foot next to left