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Loosen Up!!
32 count, 4 wall, intermediate level Choreographer: Lesley Clark (Scotland) June 2006 Choreographed to: Buttons by Pussycat Dolls, PCD

Start on vocals

## TOE SWITCHES, HITCH \& POINT RIGHT \& LEFT

1\&2\& Point right out to right side, step right in place, point left to left side, step in place
3\&4\& Point right to right side, hitch right knee up, point right to right side
5\&6\& Point left to left side, step left in place, point right to right side, step in place
7\&8 Point left to left side, hitch left knee up, point left to left side

## STEP, BEHIND, SIDE SHUFFLE RIGHT \& LEFT

\&1-2 Step left in place, step right to right side, step left behind right
$3 \& 4 \quad$ Side shuffle to right on a (right, left, right )
5-6 Step left to left side, step right behind left
7\&8 Side shuffle to left on a (left, right, left )
SHUFFLE RIGHT \& LEFT, ROCKING CHAIR, STEP ¼ TURN
1\&2 Right shuffle forward on a ( right, left, right )
3\&4 Left shuffle forward on a (left, right, left )
5\&6\& Rock forward onto right, recover on left, rock back onto right, recover on left
7-8 Step forward on right, turn a $1 / 4$ turn to left ( weight on left foot )
CROSS STEP, STEP, BEHIND, SIDE, FRONT, ROCK, RECOVER, BEHIND,SIDE,FRONT
1-2 Cross step right over left, step left to left side
3\&4 Cross right behind left, step to the left, cross step right in front of left
5-6 Rock out on left, recover
7\&8 Cross step left behind right, step right to right side, cross step left in front of right
END OF DANCE....... HAVE FUN........... DANCE WITH ATTITUDE

