

THE J.L. STOMPERS'

Line Dance Steps



Loosen Up

TYPE: 4 Wall Line Dance
DIFFICULTY: Advanced Intermediate
COUNT: 64
CHOREOGRAPHER: 'The Scot-Stott Team' Robert Lindsay, Pat and Lizzie Stott

MUSIC SUGGESTIONS

'Turn Me Loose' by **Young Divas**

Face front, weight on Left foot.

WALK, WALK, TOGETHER, PUSH BACK, KNEE POPS, KICK

- 1 - 2 Walk forward - Right, Left.
- 3 - 4 Step Right foot beside Left, bending knees. Push bottom back.
- 5 - 8 Right knee pops - in, out, in, kick Right foot to Right diagonal.

BEHIND, SIDE, CROSS SHUFFLE, LARGE SIDE STEP, DRAG RIGHT TOWARDS LEFT, BALL CROSS

- 1 - 2 Step Right foot behind Left. Step Left foot to Left side.
- 3 & 4 Step Right foot across over Left. Step Left foot to Left side.
Step Right foot across over Left.
- 5 - 7 Taking a large step, step Left foot to Left side.
Drag Right foot towards Left over 2 counts.
- & 8 Step ball of Right foot beside Left. Step Left foot across over Right.

SIDE, BEHIND, ¼ TURN SHUFFLE, HEEL, HOLD, HEEL, SWITCH, HEEL SWITCH

- 1 - 2 Step Right foot to Right side. Step Left foot behind Right.
- 3 & 4 Making ¼ turn Right, shuffle forward, stepping - Right, Left, Right.
Option: (Advanced) 1¼ turn shuffle.
- 5 - 6 Touch Left heel forward. Hold.
- & 7 Step Left foot beside Right. Touch Right heel forward.
- & 8 Step Right heel beside Left. Touch Left heel forward. Step Left foot beside Right.

FORWARD ROCK, RECOVER, BACK ROCK, RECOVER, FORWARD ROCK RECOVER, 1½ TURNING SHUFFLE

- 1 - 2 Step forward on Right foot. Recover back onto Left foot.
- 3 - 4 Step back on Right foot. (*Turning body and looking back.*)
Recover forward on Left foot. (*Squaring up again.*)
- 5 - 6 Step forward on Right foot. Recover back onto Left foot.
- 7 & 8 Make 1½ turn Right shuffle, stepping - Right, Left, Right.
Easier Option: ½ turn shuffle, stepping - Right, Left, Right.

/MORE OVER→

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Line Dance Steps



Loosen Up (cont.)

FORWARD ROCK, RECOVER, BACK ROCK RECOVER, FORWARD ROCK RECOVER, 1¼ TURN LEFT CHASSE

- 1 - 2 Step forward on Left foot. Recover back onto Right foot.
3 - 4 Step back on Left foot. (*Turning body and looking back.*)
Recover forward on Right foot. (*Squaring up again.*)
5 - 6 Step forward on Left foot. Recover back onto Right foot.
7 & 8 1¼ turning chasse to Left, stepping - Left, Right, Left.

Easier Option: ¼ turn chasse, stepping - Left, Right, Right.

CROSS, ROCK, SIDE, ROCK, CROSS, (CUBAN BREAK STEP) HITCH, HOLD, LUNGE, RECOVER AND FLICK, LEFT CHASSE

- 1 & Step Right foot across over Left. Recover.
2 & Step Right foot to Right side. Recover.
3 - 4 Step Right foot across over Left.
Hitch Left foot and hold pushing hands forward. (*As if you are saying 'stop'*)
5 - 6 Lunge Left foot to Left side.
Recover onto Right foot, flicking Left foot behind Right.
7 & 8 Left side chasse, stepping - Left, Right, Left.

'V STEP', HITCH, COASTER ¼ TURN

- 1 - 2 Step forward and out on Right foot. Step forward and out on Left foot.
3 - 4 Step back on Right foot. Step Left foot beside Right.
5 - 6 Turning to Left diagonal, step forward on Right foot. Hitch Left knee.
7 & 8 Coaster step making ¼ turn Right to face Right diagonal.

STEP, HITCH, COASTER STEP (SQUARING UP), 2 X ⅛ PADDLES ROLLING HIPS ROUND

- 1 - 2 Step forward on Right foot to Right diagonal. Hitch Left knee up.
3 & 4 Step back on Left foot. Step Right foot beside Left, squaring up.
Step forward on Left foot.
5 - 6 Paddle turn, making ⅛ turn Left, rolling hips anti-clockwise.
7 - 8 Paddle turn, making ⅛ turn Left, rolling hips anti-clockwise.

REPEAT



LINE DANCE CLASS
WITH
"THE J.L. STOMPERS"
Come and Join
The FUN Class!

Place: St. Edmund Campion School Hall
Altwood Road, Maidenhead
Time: Every Monday from 7.15 to 9.55 p.m.
* First half hour especially for Beginners *

Price: £5.00 per session
Info: Jennifer on 01628 635305