



# MARIONETTES

## LINE DANCING



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### Loosen Up

#### **64 Count, 4 Wall, Intermediate/Advanced**

**Choreographers:** 'The Scot-Stott Team' - Robert Lindsay, Pat and Lizzie Stott (UK) Aug 2008

**Choreographed to:** Turn Me Loose by Young Divas (124 bpm), CD: New Attitude

#### **Walk, Walk, Together, Push Back, Knee Pops, Kick**

- 1 – 4 Walk forward – R, L, Close R to L bending knees, push bottom back  
5 – 8 R knee pops – in, out, in, kick R to R diagonal

#### **Behind, Side, Cross Shuffle, Large Side Step, Drag R Towards L, Ball Cross**

- 1 – 2 Cross R behind L, step L to L  
3 & 4 Cross R over L, L to L, cross R over L  
5 – 7 Large step to L, drag R towards L over 2 beats  
& 8 Step on ball of R next to L, cross L over R

#### **Side, Behind, ¼ Turning Shuffle, Heel, Hold, Heel, Switch, Heel, Switch**

- 1 – 2 Step R to R, cross L behind R  
3 & 4 Turn ¼ R and shuffle forward – R, L, R (advanced 1¼ turning shuffle)  
5 – 6 L heel forward, hold  
&7&8& Close L to R, R heel forward, close R to L, L heel forward, close L to R

#### **Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover 1½ Turning Shuffle**

- 1 – 2 Rock forward on R, recover on L  
3 – 4 Rock back on R turning body and look back, recover forward on L (squaring up again)  
5 – 6 Rock forward on R, recover on L  
7 & 8 Turning 1½ R shuffle R, L, R

#### **Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover, 1¼ Turning Chasse to L**

- 1 – 2 Rock forward on L, recover on R  
3 – 4 Rock back on L turning body and look back, recover forward on R (squaring up again)  
5 – 6 Rock forward on L, recover on R  
7 & 8 Turning chasse 1¼ to L

#### **Cross, Rock, Side, Rock, Cross, (Cuban Break Step) Hitch Hold, Lunge, Recover and Flick, Chasse to L**

- 1 & 2& Cross R over L, recover, rock R to R, recover  
3 – 4 Cross R over L, hitch L and hold and push hands forward (as if you are saying "stop")  
5 – 6 Lunge L to L, recover onto R flicking L foot behind R  
7 & 8 Chasse to L side

#### **'V Step', Hitch, Coaster ¼ Turn**

- 1 – 2 Step forward and out on R, step forward and out on L  
3 – 4 Step back on R, close L to R  
5 – 6 Turning to L diagonal step forward on R, hitch L knee  
7 & 8 Coaster step turning ¼ R to face R diagonal

#### **Step, Hitch, Coaster Step Squaring Up, 2 x 1/8th Paddles Rolling Hips Round**

- 1 – 2 Step forward on R towards R diagonal, hitch L knee up  
3 & 4 Step back on L, close R to L squaring up, step forward on L  
5 – 8 Paddle turn 1/8<sup>th</sup> L rolling hips anti clockwise, paddle turn 1/8<sup>th</sup> L rolling hips anti clockwise