

Get Loose

Count: 32

Wall: 4

Level: Improver

Choreographer: Esmeralda van de Pol (NL) - October 2022

Music: Lucy - Destra



Intro: 16 counts, NO TAGS, NO RESTARTS

WALK FWD, SIDE MAMBO, FWD, WALK FWD, MAMBO STEP

- 1-2 Step RF fwd, Step LF fwd
- 3&4 Rock RF to R side, Recover weight on LF, step RF next to LF
- 5-6 Walk LF fwd, Walk RF fwd
- 7&8 Rock LF fwd, Recover weight on RF, Step LF next to RF

PIVOT ¼ TURN L, CROSS SHUFFLE, SIDE ROCK ¼ TURN R, ¼ TURN R SIDE ROCK

- 1-2 Step RF fwd, ¼ turn L-weight on LF 09.00
- 3&4 Cross RF over LF, Step LF to L side, Cross RF over LF
- 5-6 Rock LF to L side, ¼ turn R-recover weight on RF 12.00
- 7-8 ¼ turn R, Rock LF to L side, Recover weight on RF 03.00

CROSS ROCK, CHASE 1/8 TURN L, CROSS, 1/8 TURN R, 1/8 TURN R, STEP BACK, 1/4 TURN R

- 1-2 Rock LF in front of RF, Recover weight on RF
- 3&4 Step LF to L side, Step RF next to LF, 1/8 turn L-step LF diagonal fwd 01.30
- 5-6 Cross RF in front of LF, 1/8 turn R-step LF to L side 03.00
- 7&8 1/8 turn R-step RF back, Step LF back, 1/4 turn R-Step RF diagonal fwd 07.30

WALK FWD, SHUFFLE FWD, WALK 7/8 TURN L

- 1-2 step LF fwd, Step RF fwd
- 3&4 Step LF fwd, Step RF next to LF, Step LF fwd
- 5-6 Step RF fwd, 3/8 turn L-Step LF fwd 03.00
- 7-8 ¼ turn L-step RF fwd, ¼ turn L-step LF fwd 09.00

Dance With Esmeralda

Esmeralda v.d. Pol - esmeraldadancers@gmail.com
