

# Get Loose

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**Choregraphie par :** Esmeralda van de Pol (NL)

**Description :** 32 temps, 4 murs, Novice, Octobre 2022

**Musique :** 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](mailto:esmeraldadancers@gmail.com)**

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