Loosen Up (放鬆自己) (zh)

Count: 64 **Wall:** 4 **Level:** Intermediate/Advanced
Choreographer: Robert Lindsay (UK), Pat Stott (UK) & Lizzie Stott (UK) - 2008年08月
Music: Turn Me Loose - Young Divas

第一段 **Walk, Walk, Together, Push Back, Knee Pops, Kick**
走, 走, 併, 後推, 膝動, 踢

1 – 2 Walk forward – right, left 前走步-右, 左

3 – 4 Close right to left bending knees, push bottom back
右足併踏(彎膝), 後推臀

5 – 8 Right knee pops – in, out, in, kick right to right diagonal
右膝移動-內, 外, 內, 右足右斜角線踢

第二段 **Behind, Side, Cross Shuffle, Large Side Step, Drag Right Towards Left, Ball Cross 後, 側, 交叉交換, 側大步, 右拖併, 交叉**

1 – 2 Cross right behind left, step left to left
右足於左足後交叉踏, 左足左踏

3 & 4 Cross right over left, left to left, cross right over left
右足於左足前交叉踏, 左足左踏, 右足於左足前交叉踏

5 – 7 Large step to left, drag right towards left over 2 beats
左一大步, 右足2拍拖併至左足

& 8 Step on ball of right next to left, cross left over right
右足併踏, 左足於右足前交叉踏

第三段 **Side, Behind, ¼ Turning Shuffle, Heel, Hold, Heel, Switch, Heel, Switch 側, 後, 1/4轉交換, 踵, 候, 踵, 交換, 踵, 交換**

1 – 2 Step right to right, cross left behind right
右足右踏, 左足於右足後交叉踏

3 & 4 Turn ¼ right and shuffle forward – right, left, right (advanced 1 ¼ turning shuffle)
右轉90度前交換-右, 左, 右(進階版:270度轉交換)

5 – 6 Left heel forward, hold 左足踵前點, 候

&7&8& Close left to right, right heel forward, close right to left, left heel forward, close left to right
左足併踏, 右足踵前點, 右足併踏, 左足踵前點, 左足併踏

第四段 **Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover 1 ½ Turning Shuffle 前下沉, 回復, 後下沉, 回復, 前下沉, 1 ½轉交換**

1 – 2 Rock forward on right, recover on left 右足前下沉, 左足回復

3 – 4 Rock back on right turning body and look back, recover forward on left (squaring up again)
右足後下沉轉動身體向後看, 左足前回復(轉正)

5 – 6 Rock forward on right, recover on left 右足前下沉, 左足回復

7 & 8 Turning 1 ½ right shuffle right, left, right
轉三次180度交換步-右, 左, 右

第五段 **Rock Forward, Recover, Rock Back, Recover, Rock Forward, Recover, 1 ¼ Turning Chasse to Left**
前下沉, 回復, 後下沉, 回復, 前下沉, 回復, 轉1 ¼左追步

1 – 2 Rock forward on left, recover on right 左足前下沉, 右足回復

3 – 4 Rock back on left turning body and look back, recover forward on right (squaring up again) 左足後下沉轉動身體向後看, 右足前回復(轉正)

5 – 6 Rock forward on left, recover on right 左足前下沉, 右足回復

7 & 8 Turning chasse 1 ¼ to left 左轉三次90度

第六段 Cross, Rock, Side, Rock, Cross, (Cuban Break Step) Hitch Hold, Lunge, Recover and Flick, Chasse to Left
交叉, 下沉, 側, 下沉, 交叉, 鉤 候, 曲膝, 回復 & 抬, 左追步

1 & 2& Cross right over left, recover, rock right to right, recover
右足於左足前交叉踏, 左足回復, 右足右下沉, 左足回復

3 – 4 Cross right over left, hitch left and hold and push hands forward (as if you are saying “stop”)
右足於左足前交叉踏, 左足鉤&候&雙手前推(喊”Stop”)

5 – 6 Lunge left to left, recover onto right flicking left foot behind right 左足左曲膝踏, 重心回右足左足於右足後輕抬

7 & 8 Chasse to left side 左追步

第七段 ‘V Step’, Hitch, Coaster ¼ Turn V字型踏, 鉤, 轉1/4海岸步

1 – 2 Step forward and out on right, step forward and out on left
右足右外前踏, 左足左外前踏(成V字型)

3 – 4 Step back on right, close left to right
右足後踏, 左足併踏

5 – 6 Turning to left diagonal step forward on right, hitch left knee
左轉45度右足前踏, 左膝鉤

7 & 8 Coaster step turning ¼ right to face right diagonal
右轉90度海岸步面向右斜角線

第八段 Step, Hitch, Coaster Step Squaring Up, 2 x 1/8th Paddles Rolling Hips Round 踏, 鉤, 回正面海岸步, 二次1/8划槳搖臀

1 – 2 Step forward on right towards right diagonal, hitch left knee up
右足右斜角線前踏, 左膝鉤起

3 & 4 Step back on left, close right to left squaring up, step forward on left 左足後踏, 右足正面併踏, 左足前踏

5 – 8 Paddle turn 1/8th left rolling hips anti clockwise, paddle turn 1/8th left rolling hips anti clockwise
左轉45度划槳步逆時針搖臀, 左轉45度划槳逆時針搖臀
