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