

Get Loose

32 cts, Impr Phrased Fun, 4 wall (9/22).

Choreographed by: Jo Kinser, John Kinser,
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Music: "Get Loose" by Moonshine Bandits Feat. Derry D
(available on itunes - 3:49 min - 100 BPM)



Intro: start on Lyrics "Get Loose" 0.19. 16 counts after the heavy beat

Section A (Chorus Get Loose!)

S1: GALLOPS R&L INPLACE X2, TURNING 1/2 LEFT

&1&2 RF step side R, LF step side L, Repeat for &2

Styling: R arm fwd with hand up like your roping, L arm fwd with L hand on R elbow

&3&4 RF step side R, LF step side L, Repeat for &4

Styling: Same as above but opposite L up, R on elbow

&5&6 Turn 1/2 L (6:00) and RF step side R, LF step side L, Repeat for &6

&7&8 RF step side R, LF step side L, Repeat for &8

Styling: 5-8 Repeat 1-4

S2: GALLOPS BACK & FWD, TOUCH STEPS BACK X2, TOUCH BALL STEP

&1&2 RF step back and side R, LF step side L, Repeat for &2

Styling: Bend fwd at the waist and roll hands fwd

&3&4 RF step forward and side Right, LF step side Left, Repeat for &4

Styling: Stand up and roll hands fwd

5&6 RF touch forward, RF step back, LF touch forward, LF step back

7&8 RF touch forward, RF step together, LF step forward

Section B (Verse)

S1: SIDE TOGETHER SIDE TOUCH, MAMBO L&R

1,2 RF step side R, LF step next to RF

*Styling: Both hands crossed touching op shoulders (1), Uncross touch same shoulders (&),
Hands down slapping your thighs (2)*

3, 4 RF step side R, LF touch next to RF

Styling: Shimmy your shoulders for 3-4

5&6 LF rock side L, Recover on RF, LF step next to RF

Styling: Hands up to shoulders (5), Roll hands circular outward (&), Hands down to side (6)

7&8 RF rock side R, Recover on LF, RF step next to LF

Styling: Repeat 5-6

S2: BACK - TOUCHES X2, BACK, 1/4 TURN HOPPING X2, STEP - KICK, 1/2 TURN, TOUCH

1& LF step Diagonally back, RF touch next to LF

2& RF step Diagonally back, LF touch next to RF

3&4 LF step Diagonally back, Raise your RF and make 1/4 turn R hopping X2 on your LF (&4)

5,6 RF step Diagonally Forward, LF kick over RF

7,8 Turn 1/4 L and LF step fwd, Turn 1/4 L and Touch RF next to LF (3:00)

A X2 (32), B X4 (64), A X2 (32), B X4 (64), A X2 (32), B X4 (64), A's to the end.

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