

# GET LOOSE

## Recommended Music

Slow Teach: Morphine

Early to Bed-- 104 BPM

Choreographed to: Nsync

Bringin` Da Noise --Track 9: 116 BPM

Start dance 32 Cts. into the music

Two-wall 64 Ct. Line Dance

Intermediate/Advanced

Choreographed by: Jennifer Bonds

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Questions & Comments

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Beats	Counts	Step Description
<u>1 - 8</u>		<b><u>POINT 1/4 TURN, HEEL JACK, HITCH, SLAP, POINT HITCH POINT</u></b>
	1, 2	With weight on R point L foot to L side and pivot 1/4 turn to your L on your R foot bringing L foot home and stepping on it.
	&3&4	Step back on R with L heel forward, bring L foot home and step on it and touch R foot next to L foot.
	5 & 6	Scuff R foot for count 5, for & count hitch R leg up and slap R knee with R hand at the same time, for 6-count touch R foot next to L foot.
	7 & 8	Touch R foot to R side, hitch R knee bringing in towards body for the & count and touch R foot to R side again.
<u>9 - 16</u>		<b><u>CROSS, UNWIND, BODY ROLLS, KICK 1/4 TURN</u></b>
	1, 2	Cross R foot in front of L foot and unwind 1/2 turn to your L leaving weight on your R foot
	3 & 4	Body roll to the right with weight ending up on right foot
	5 & 6	Body roll to the left with weight ending up on the left foot
	7 & 8	Kick R foot Forward, bring it back home and step on it and do a 1/4 turn to your left pointing left foot forward
<u>17 - 24</u>		<b><u>HIP BUMPS, CROSS BACK STEP, &amp; KICK CROSS POINT</u></b>
	&1&2	With weight on R & L foot in front bend knees and sit back and bump up straightening legs,
	&3&4	(you should sit twice) keeping weight on R foot.
	5 & 6	Bring L foot back crossing in front of R, step back on R and step on L to L side.
	7 & 8	Kick R foot in front crossing R foot in front of L and point L to L side
<u>25 - 32</u>		<b><u>CROSS &amp; CROSS, ROCK STEP, VAUDEVILLE</u></b>
	1 & 2	Cross L in front of R, step to the side with R, cross L in front of R
	3, 4	Step to the R with R rock and replace
	5 & 6	Cross R in front of L, step back on L and put R heel forward
	& 7 & 8	Step back on R, cross L in front of R step back on R and put L heel forward
<u>33 - 40</u>		<b><u>HOOK AND FLICK AND KICK BALL TOUCH</u></b>
	1, 2	Hook L leg in front of R knee, then pivoting 1/4 turn to your R flick L leg
	3 & 4	Kick L foot in front, bring it home and step on it and touch your R foot next to L foot
	5, 6	Hook R leg in front of L knee, then pivoting 1/4 turn to your L flick R leg
	7 & 8	Kick R foot in front, bring it home and step on it and touch your L foot next to R foot
<u>41 - 48</u>		<b><u>CHASSE L ROCK STEP, CHASSE R ROCK STEP</u></b>
	1 & 2	Step to the L side with L and together with R and to the L side with the L.
	3, 4	Rock R behind L replacing weight on L.
	5 & 6	Step to the R side with R and together with L and to the R side with the R.
	7, 8	Rock L behind R replacing weight on R.
<u>49 - 56</u>		<b><u>STEP 1/2 TURN HOOK, TRIPLE STEP, ROCK REPLACE, SAILER STEP</u></b>
	1, 2	Step forward on L, pivot 1/2 turn to your R hooking R leg up over L with R leg bent at knee.
	3 & 4	Triple step traveling forward R, L, R
	5, 6	Step to the L side with L foot, rock and replace weight to R foot.
	7 & 8	Do a L sailor step, stepping L behind R, step R to R side and replace weight on L.
<u>57 - 64</u>		<b><u>KICK BALL TOUCH, HEEL JACK, HIP BUMPS</u></b>
	1 & 2	Kick R foot forward bring it home and step on it and touch L foot next to R foot
	& 3 & 4	Step back on L bring R heel forward, step on R then bring L foot home and touch next to R
	5 & 6	2 hip bumps forward on L changing weight to L foot
	7 & 8	2 hip bumps forward on R changing weight to R foot