

Turn Me Loose

COPPER KNOB
STEPSHEETS

Count: 48

Wall: 4

Level:

Choreographer: Peter Metelnick (UK)

Music: The Jock Jam



KICK-STEPS, CROSS, UNWIND, SIDE SHUFFLE LEFT, STEP-HEEL, STEP-CROSS

- 1& Kick right foot across left leg, step right foot together
- 2& Kick left foot across right leg, step left foot together
- 3 Cross right foot over left foot and step
- 4 Unwind $\frac{1}{2}$ to left with weight on right foot (clap optional)
- 5&6 Side shuffle to left, left-right-left (step left foot to left, step right foot together, step left foot to left)
- &7 Step back on right foot, touch left heel forward
- &8 Step back on left foot, cross right foot over left foot and step

$\frac{1}{4}$ TURN LEFT, FORWARD SHUFFLE, PIVOT TURN, STOMP TWICE, MODIFIED RUNNING MAN

- 9&10 Turn $\frac{1}{4}$ left and shuffle forward, left-right-left (step left foot forward, step right foot together, step left foot forward)
- 11 Step right foot forward
- 12 Pivot $\frac{1}{2}$ to left on right foot and step down on left foot
- 13-14 Stomp right foot forward, stomp left foot forward
- &15 Hitch right knee up and slide left foot back, step right foot slightly forward
- &16 Hitch left knee up and slide right foot back, step left foot slightly forward

CROSS-ROCK-STEP, CROSS-ROCK-STEP, APART, TOGETHER, KICK-BALL-CHANGE

- 17&18 Cross right foot over left foot and rock forward, recover weight on left foot, step right foot together
- 19&20 Cross left foot over right foot and rock forward, recover weight on right foot, step left foot together
- &21 Moving slightly backward, step right foot to right side, step left foot to left side
- &22 Continuing to move backward, step right foot in, step left foot together
- 23&24 Kick right foot forward, step back on ball of right foot, step left foot together

$\frac{1}{2}$ PIVOT TURN, RIGHT HEEL ROCK, RIGHT COASTER STEP, $\frac{1}{2}$ PIVOT TURN

- 25-26 Step right foot forward, pivot $\frac{1}{2}$ to left on right foot and step down on left foot (left foot is forward)
- 27 Rock forward on right heel
- 28 Recover weight on left foot
- 29&30 Step back on right foot, step left foot together, step right foot forward
- 31-32 Step left foot forward, pivot $\frac{1}{2}$ to right on left foot and step down on right foot (right foot is forward)

LEFT HEEL ROCK, LEFT COASTER STEP, RIGHT FORWARD SHUFFLE, FORWARD FULL SPIN RIGHT

- 33 Rock forward on left heel
- 34 Recover weight on right foot
- 35&36 Step back on left foot, step right foot together, step left foot forward
- 37&38 Shuffle forward, right-left-right (step right foot forward, step left foot together, step right foot forward)
- 39-40 Step left foot forward, turning $\frac{1}{2}$ to right, complete full turn by stepping on right foot and turning $\frac{1}{2}$ to right (continuing in forward direction)

MEXICAN HAT DANCE, HEEL TOUCHES, SHUFFLE BACK, $\frac{1}{2}$ TURN TO BACK, STEP TOGETHER

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|-------|--|
| 41& | Touch left heel forward, step left foot together |
| 42& | Touch right heel forward, step right foot together |
| 43-44 | Touch left heel forward 2 times (weight on right foot) |
| 45&46 | Step back on left foot, step right foot together, step back on left foot |
| 47-48 | Step right foot back, turning ½ to right, step left foot together |

REPEAT

Peter suggests trying the steps below as a funky alternative for the last 8 counts:

MEXICAN HAT DANCE, HEEL-STEP-HEEL, FUNKY HOPS AND ½ TURN

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|-------|---|
| 41& | Touch left heel forward, step left foot together |
| 42& | Touch right heel forward, step right foot together |
| 43&44 | Touch left heel forward, step left foot together, touch right heel forward |
| &45 | Hitch right knee up and hop back on left foot, step right foot back |
| &46 | Hitch left knee up and hop back on right foot, step left foot back |
| &47 | Hitch right knee up and hop back on left foot turning ½ to right, step right foot forward |
| &48 | Hitch left knee up and hop back on right foot, step left foot down |
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