

# SHAWTY GET LOOSE!!



64 Count 2 wall – Advanced!! Newline Dance  
 Choreographed to “Shawty get loose” By Lil mama Ft. Chris Brown & T-Pain  
 (available on US iTunes)  
 Choreographed by Shaz Walton April 08 for the Swedish Newline Saturday Out!  
 Count in if you dance the Intro: 16 Counts Bpm - 124  
 Intro if NOT dancing the Intro: 32 Counts on the lyrics “how the...”  
 Please email me for a sample of the track, as many downloaded versions will be wrong!  
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\*\*Please take out what ever you want to make it comfortable for you.

## Notes:

### Restarts x 2

1<sup>st</sup> restart- 2<sup>nd</sup> wall. Restart the dance after count 48 (facing the back)

2<sup>nd</sup> re-start – 4<sup>th</sup> wall restart the dance again after count 48 – you will be facing the front – replace the hitch (&) with a step & hitch right knee)

(optional Styling in *Italics*)

16 count Intro - *Optional*

❖ **Ball Cross. Side. Reverse shoulder rolls x2. Forward shoulder rolls. Head back.**

&1-2 Step left beside right. Cross right over left. Step left to left side.

3-4 Roll right shoulder backwards. Roll left shoulder backwards.

5-6-7-8 roll both shoulders forward over 2 counts dropping your head. Making an upper body roll over 2 counts bring your head back on count 8

(Lyrics: *The way we get loose we move our shoulders, forward, heads, back*)

❖ **Ball cross (see arms) side. Arm extension. Right knee in-out. Ball Point. Drag. Touch. Hitch. Step.**

&1-2 Step left beside right. Cross right over left. Step left to left side.

Arms: *Count 1 – bring left palm up to face as right arm crosses to left diagonal with palm facing forward (drop your head)*

*Count 2 – bring left arm down by your side. Extend right arm out & around until extended out to right.*

3-4 Bring right arm down a move in time with right knee as you swing right knee in towards left (3) swing right knee out to right (*taking right arm with you*) weight drops on to right. (lyrics: *Get it in control like Janet jack*)

&5-6 Step left beside right. Touch right to right as you dip low. Slide right beside left- weight on right.

7&8 Touch left to left side. Hitch left up. Step left slightly forward.

## THE DANCE

❖ **Running man steps. Hitch. Step back. Ball ¼ cross. ¼. Ball cross. Out. Out.**

1&2 Jump with right to right diagonal & left to left diagonal back. Step right beside left as you hitch left knee. Jump with left to left diagonal forward & right diagonal back

&3-4 Step onto right as you hitch your left knee. Step on to left as you hitch your right knee. Take your hitched right back and step weight onto it.

&5-6 Step your left beside right. Make a ¼ turn right as you cross step right over left (*DIP!*) Make ¼ left stepping left forward.

&7-&8 Step right beside left. Make ¼ left as you cross step left over right (*DIP!*) Step right to right. Step left to left.

❖ **Lean hitch. Lean hitch. Sailor ½ right. Bent knee ¾ turn right.**

&1 Step right to right. Hitch/raise your left knee (towards left diagonal) as you lean to right diagonal back and bend right knee.

&2 Step left to left. Hitch/raise your right knee (to right diagonal) as you lean to left diagonal back and bend right knee

3&4 Cross step right behind left. Step left to left. Make ½ right stepping right forward.

5-6 (*Keeping both knees bent for next 4 counts*) - step left to left side. Make ¼ turn right stepping right to right side.

7-8 Make ¼ turn right stepping left to left side. Make ¼ turn right stepping right to right side.

❖ **Cross jump. Jump Hitch. ½ turn left. (all with back bend) Step. Sailor ½ left. Right sailor step. Sailor ¼ left (with dips & attitude)**

&1 Jump as you cross your left over your right. Jump onto right hitch left knee away from body. (bend right knee)

2-3 Make a ½ turn left as you bend backwards raising left knee and stepping left down. Step forward right.

4&5 Sailor ½ turn left. (*Bouncing, dipping all steps & giving attitude*)

6&7 Right sailor Step (*Bouncing, dipping all steps & giving attitude*)

8&1 Sailor ¼ left (*Bouncing, dipping all steps & giving attitude*)

❖ **¼ pivot. Diagonal jumps back x4. Side. Rock. Recover x 2 with windmill arms.**

2 Make ¼ pivot right. (bring feet together)

3& Keeping feet together & knees tight-make a small jump to right diagonal back. Make small jump to left diagonal back

4& Keeping feet together & knees tight-make a small jump to right diagonal back. Make small jump to left diagonal back

5-6& Take a big step to right (bouncing as you go) pointing left toes up. Rock left behind right. Recover on right. (*Right arm makes a large anti clockwise circle*)

7-8& Take a big step to left (bouncing as you go) pointing right toes up. Rock right behind left. Recover on left. (*Left arm makes a large clockwise circle*)

❖ **Big step. Slide. Run down the stairs. Big step. Step back. Ball. Walk forward left-right.**

1-2 Step right a big step forward. Slide left in place. (weight on left)

3&4& Run forward R-L-R-L (small steps as you go lower & lower as if running down imaginary stairs)

5-6 Take a big step back (straightening up) step left back.

&7-8 Step right beside left. Walk forward left. Walk forward right.

❖ **Step pivot ½ right. Ball.Walk Walk. Step ½ pivot right. Jump out out. Jump Together. Hitch. .**

1-2 Step forward left. Make ½ pivot turn right. (Weight back on left)

&3-4 Step right beside left. Step forward left. Step forward right.

5-6 Step forward left. Make ½ pivot turn right. (Counts 1-2-3-4 make sure you use full use of your upper body- let it roll)

&7 Jump right foot to right side. Jump left foot to left side.

&8& Jump bring feet together. Jump with feet apart. Hitch left knee. - \* Both re-stat here- 2nd & 4th wall. Replace the hitch (&) with a step Left beside right & hitch right to be able to start the dance again.

❖ **Step forward. Step ¼ left. Sailor ¼ left. Step ¼. Crouched spiral ¾ turn. Chase ½ turn (all left)**

1-2 Step forward on left foot. Make ¼ turn left stepping right to right side.

3&4 Sailor ¼ left.

5-6 make ¼ turn left stepping Right to right side. Make a ¾ turn left with feet together. Bending knees & crouching as low as you can go!

7&8 Step forward right. Make ½ turn left. Step right forward.

❖ **Step forward. Side rock. Recover. Step(windmill arm) coaster, rigid leg. Side hitch. Sailor ½ turn left.**

1-2&3 Step forward left. Rock out to right. Recover on left cross step right over left. *Again- circle right arm anti clockwise on counts 2&3)(be bendy!)*

4& Step back left. Step back right.

5-6 keeping left leg rigid and toes pointing up with arms parallel to left leg make a low kick. Swing & hitch left leg at 90 degree angle to left side

*Bring right fist in front of chest & left arm extended to left side.*

7&8 Make a sailor ½ turn left- weight ending on left – START OVER

