

Footloose

Count: 88

Wand: 4

Ebene: Improver

Choreograf/in: Redback Bootscootin Dance Company (AUS) - 1999

Musik: Footloose - T J Dennis & The Wham Bam Thank You Band



Start dance 16 beats before vocals start (9th set of 8 from beginning)

- [1-8] KNEE ROLLS RIGHT, LEFT, RIGHT, LEFT, JUMP LANDING RIGHT, LEFT**
1-2 Roll right knee in to the right circle taking two counts
3-4 Roll left knee in counter to the right circle taking two counts
5-6 Roll right knee to the right, roll left knee counter to the right
7-8 Jump both feet up right first, then left- landing right then left
- [9-16] HEEL TAP AT 45, SLAP RIGHT BEHIND, HEEL TAP AT 45, SLAP RIGHT TO SIDE, VINE RIGHT WITH 1/4 TURN LEFT**
1-2 Right heel tap at 45 degrees right, raise right behind and slap with left hand
3-4 Right heel tap at 45 degrees right, swing right to right side and slap with right hand
5-6 Step right to right side, cross/step left behind right
7-8 Step right to right side turning a 1/4 left, left heel tap at 45 degrees left & clap
- [17-24] HIP BUMPS FORWARD, BACK, FORWARD, FORWARD, BACK, FORWARD, BACK, BACK**
1-4 With feet apart as in step 16- bump hips forward, back, forward & forward
5-8 Bump hips back, forward, back & back
- [25-32] HEEL STRUTS LEFT, RIGHT, LEFT WITH DOUBLE RIGHT STOMP (UP)**
1-2 Touch heel of left forward, slap ball of left down so full foot is on floor
3-4 Touch heel of right forward, slap ball of right down so full foot is on floor
5-6 Touch heel of left forward, slap ball of left down so full foot is on floor
7-8 Stomp right twice (end weight on left) with two claps
- [33-36] KICK RIGHT FORWARD (X2), ROCK BACK ON RIGHT, ROCK BACK ON LEFT**
1-2 Kick right forward twice
3-4 Step/rock backward onto right, step/rock forward onto left in place
- [37-44] RIGHT JAZZ BOX WITH 1/4 TURN RIGHT, RIGHT JAZZ BOX**
1-2 Cross/step right over left, step left back
3-4 Step right to side turning 1/4 to right, step left next to right
5-6 Cross/step right over left, step left back
7-8 Step right back and to right side, touch left next to right
- [45-48] LEFT FORWARD, 1/4 TURN RIGHT, JUMP AND SLAP THIGHS**
1-2 Step left straight forward, pivot on balls of feet turning 1/4 right, (weight to both feet)
3-4 Jump up landing with feet apart and knees bent, slap both thighs with hands
- [49-56] RIGHT TOE THEN HEEL TOUCH (SUGAR FOOT), TRAVELING TOE/ HEEL TAPS**
1-2 Point/touch right toe in toward left instep (right knee points in, right heel off floor), hold
3-4 Reverse the above touching right heel in and pointing toe up & out, hold
5 Point/tap right toe in-left heel swivels toward right
6 Reverse and tap right heel in-right toes swivel toward right
7 Point/tap right toe in-left heel swivels toward right
8 Reverse and tap right heel in-right toes swivel toward right
- [57-64] DIPPING HIP BUMP RIGHT, CLAP, LEFT TOE THEN HEEL TOUCH**
1 Place right fully on floor and bend knees

- 2 Push right hips toward right beginning to straighten knees and turning on balls of both feet toward left side
- 3 Finish right hip bump with weight on right and straightened knees
- 4 Clap hands (body will be angled toward original wall)
- 5-6 Turning to face right wall-point/touch left toe in toward left instep (left knee turns in, left heel off floor), hold
- 7-8 Reverse the above touching left heel in and right toe up & out, hold

[65-68] DIPPING HIP BUMP LEFT, CLAP (REVERSE SIDE)

Counts 1-4 are a mirror repeat of counts 57-60.

- 1 Place left fully on floor and bend knees
- 2 Push left hips toward left beginning to straighten knees and turning on balls of both feet toward right side
- 3 Finish left hip bump with weight on left and straightened knees
- 4 Clap hands (body will be angled toward original wall)[69-76]

HIP BUMPS FORWARD, BACK, FORWARD & FORWARD, THEN BACK, FORWARD, BACK & BACK

- 1-4 With feet apart as in step 68- bump hips forward, back, twice forward
- 5-8 Bump hips back, forward, back twice (finish weight on left)

[77-80] HIP BUMPS FORWARD, BACK, FORWARD & FORWARD, THEN BACK, FORWARD, BACK & BACK

- 1-2 Step onto right, turn 1/4 right and step onto left (feet shoulder width apart)
- 3-4 Rock weight to right still in place from step 77, step left next to right

[81-88] RIGHT HEEL TAP, SLAP RIGHT BEHIND, RIGHT TOE TOUCH, HEEL DOWN (REPEAT ON LEFT)

- 1-2 Right heel tap at 45 degrees, raise right behind and slap with left hand
- 3-4 Touch ball of right down (about 8-10" from left), set right heel down & clap
- 5-6 Left heel tap at 45 degrees, raise left behind and slap with right hand
- 7-8 Touch ball of left down (about 8-10" from right), set left heel down and clap

REPEAT
