Footloose



Compte: 64 Mur: 1 Niveau: Phrased Advanced

Chorégraphe: William Sevone (UK) - February 2011

Musique: Footloose - Kenny Loggins : (Footloose OST / many compilations)



Dance Sequence:- A-A-A(28)-B-B-A(16)-A-A-A(20)-B-B-A-A-A(20)-B-B-B-B(24)-Finale. (phewww)

Choreographers note:- REMEMBER to read the Dance Notes.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts with the main vocals.

SECTION A

4x 'On The Spot' Toe Strut.

1 - 2 Step right toe to right side. Drop right heel to floor.
3 - 4 Step left toe to left side. Drop left heel to floor.
5 - 6 Step right toe to right side. Drop right heel to floor.
7 - 8 Step left toe to left side. Drop left heel to floor.

2x Kick Ball-Forward. Side. Side. Back. Together.

9& 10 Kick right forward, step right next to left, step slightly forward onto left.11& 12 Kick right forward, step right next to left, step slightly forward onto left.

13 – 14 Step right to right side. Step left to left side.

15 – 16 Step right backward and to centre. Step left next to right.

Dance Note: On 4th 'A' repetition – after count 16 restart dance from count 1.

2x Swivel-Hold, 4x Swivel.

17 – 18 Swivel heels right. Hold 19 – 20 Swivel toes right. Hold

Dance Note: On 7th and 10th 'A' repetition - start Section B from this point.

21 – 22 Swivel heels right. Swivel heels left.

23 – 24 Swivel toes left. Swivel heels to centre – with weight on right.

Diagonal Kick. Weave. Diagonal Kick. Behind. Coaster Step.

25 – 26 Kick left diagonally to left side. Step left behind right.

27 – 28 Step right to right side. Cross left over right.

Dance Note: On 3rd 'A' Repetition - start section B from this point.

29 – 30 Kick right diagonally to right side. Step right behind left.

31& 32 Step backward onto left, step right next to right, step left slightly forward.

SECTION B

Side. Side. Slap. Cross. 3/4 'Hot Tamales Turn'.

1-2 Step right to right side. Step left to left side.

3 – 4 Bump hip right – slap hip with right hand. Bump hip left – slap hip with left hand.

5 – 6 Cross right over left & turn ¼ left. Bending at knees - 'push' right shoulder.

7 – 8 Keep turning and ¾ to face 12:00 (whilst straightening up) - 'pushing' right shoulder.

2x Large Push Step-Recover-Together. 2x Side.

9 – 10	Large push step to right on right. Recover onto left.
11 – 12	Step right next to left. Large push step to left on left.
13 – 14	Recover onto right. Step left next to right.

15 – 16 Small step right to right side. Small step left to left side.

2x Jump Together-Apart-Cross-1/2 Left.

17 – 18 Jump - both feet together. Jump – both feet apart.

19 – 20	Jump – crossing right over left. Unwind ½ left (6)
21 – 22	Jump - both feet together. Jump - both feet apart.
23 – 24	Jump – crossing right over left. Unwind ½ left (12)
Dance Note: Keep feet on jumps and crosses only slightly apart.	

On 8th 'B' repetition – start the 'Finale' from this point.

Out-In Heel and Toe Splits.

25 – 26	moving outward - Split heels apart (toes in). Split toes apart (heels in)
27 – 28	moving outward - Split heels apart (toes in). Split toes apart (heels in)
29 – 30	moving inward – Toes in (heels apart). Heels in (toes apart).
31 – 32	moving inward – Toes in (heels apart). Heels in (toes apart).

FINALE: After count 24 of the 8th 'B' repetition

Jump Apart. Hold. Clap. Hold. Jump 1/4 Left. Hold. Clap Hold (9:00)

1 – 2	Jump – feet apart. Hold
3 – 4	Clap hands – chest height. Hold
5 – 6	Jump & turn 1/4 left – feet apart (9). Hold
7 – 8	Clap hands – chest height. Hold

2x Jump 1/4 Left-Hold-Clap-Hold (3:00)

9 – 10	Jump & turn 1/4 left – feet apart (6). Hold
11 – 12	Clap hands – chest height. Hold
13 – 14	Jump & turn ¼ left – feet apart (3). Hold
15 – 16	Clap hands – chest height. Hold

Jump 1/4 Left. Hold. Clap. Hold. Jump Apart. Hold. Clap. Hold (12:00)

17 – 18	Jump & turn ¼ left – feet apart (12). Hold
19 – 20	Clap hands – chest height. Hold
21 – 22	Jump – feet apart. Hold
23 – 24	Clap hands – chest height. Hold

Freak-Out. Freeze.

25 – 34	GO WILD/FREESTYLE – wave arms, tap dance, Peacock – do anything you want.
35 – 36	FREEZE and hold the pose for two counts (end of music)