

# Cut Me Loose

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Cut Me Loose - The Shires



**Intro: 16 Counts, Start at approx 9 secs**

## **SEC 1 Step, Full Turn Spiral, Shuffle, Step, ½ Pivot, Step, ¼ Pivot**

1-2            Step right forward, spiral full turn left hooking left over right (12:00)  
3&4           Step left forward, step right beside left, step left forward  
5-6           Step right forward, pivot ½ left transferring weight onto left (6:00)  
7-8           Step right forward, pivot ¼ left transferring weight onto left (3:00)

## **SEC 2 Cross Rock, Side Shuffle, Cross, Side, ¼ Sailor Turn**

1-2            Cross rock right over left, recover weight onto left  
3&4           Step right to right, step left beside right, step right to right  
5-6           Cross left over right, step right to right  
7&8           Step left behind right, turn ¼ left step right to right, step left forward (12:00)

**Restart Here on Wall 3**

## **SEC 3 Step, Sweep, Cross Shuffle, Side, Full Box Turn**

1-2            Step right forward, sweep left from back to front  
3&4           Cross left over right, step right beside left, cross left over right  
5-6           Step right to right, turn ¼ left step left to left (9:00)  
7-8           Turn ¼ left step right to right, turn ½ left step left forward (12:00)

## **SEC 4 Step, Hold, Step, ½ Pivot, ½ Shuffle, ½ Shuffle**

1-2            Step right forward, hold  
3-4            Step left forward, pivot ½ right transferring weight onto right (6:00)  
5&6           Turn ¼ right step left to left, step right beside left, turn ¼ right step left back (12:00)  
7&8           Turn ¼ right step right to right, step left beside right, turn ¼ right step right forward (6:00)

## **SEC 5 Rock, Coaster Step, Rock, ¾ Shuffle**

1-2            Rock left forward, recover weight onto right  
3&4           Step left back, step right beside left, step left forward

### **Option Full Triple Turn Left**

5-6            Rock right forward, recover weight onto left  
7&8           Turn ½ right step right forward, step left beside right, turn ¼ right step right forward (3:00)

## **SEC 6 Point, Hold, Ball Point, Hold, Ball Side Rock, Weave**

1-2            Point left to left, hold  
&3-4           Step left beside right, point right to right, hold  
&5-6           Step right beside left, rock left to left, recover weight onto right  
7&8           Step left behind right, step right to right, cross left over right

## **SEC 7 Stomp, Hold, Sailor Step, ⅙ Kick Ball Step, ⅙ Kick Ball Step**

1-2            Stomp right to right, hold  
3&4           Step left behind right, step right to right, step left to left  
5&6           Turn ⅙ left kick right forward, step right beside left, step left forward (1:30)  
7&8           Turn ⅙ left kick right forward, step right beside left, step left forward (12:00)

## **SEC 8 ¼ Shuffle, ¼ Shuffle, Jazz Box**

1&2 Turn ¼ left step right forward, step left beside right, step right forward (9:00)  
3&4 Turn ¼ left step left forward, step right beside left, step left forward (6:00)  
5-6 Cross right over left, step left back  
7-8 Step right to right, step left forward

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