

Cut Me Loose

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Magali CHABRET (FR) - May 2022
音乐: Cut Me Loose - The Shires



1 tag/restart
16 counts intro

S1 : LINDI R, SIDE, BEHIND, CHASSE ¼ TURN L

1&2 Step Rf to right side – step Lf beside Rf – step Rf to side
3-4 Rock Lf back – recover onto Rf
5-6 Step Lf to side – step Rf behind Lf
7&8 Step Lf to side – turn 1/4 left stepping Rf beside Lf – step Lf forward (9:00)

S2 : PIVOT ¼ TURN L, CROSS TRIPLE, SIDE, TOUCH, SIDE, TOUCH

1-2 Step Rf forward – pivot 1/4 turn left, taking weight on Lf (6:00)
3&4 Cross Rf over Lf – step Lf to side – cross Rf over Lf
5-6-7-8 Step Lf to side – touch Rf next to Lf – step Rf to side – touch Lf next to Rf

S3 : L CHASSE, ¼ TURN R, R CHASSE, CROSS, SIDE, BEHIND SIDE CROSS

1&2 Step Lf to side – step Rf beside Lf – step Lf to side
3&4 Turn 1/4 right stepping Rf to side – step Lf beside Rf – step Rf to side (9:00)
5-6 Cross Lf over Rf – step Rf to side
7&8 Step Lf behind Rf – step Rf to side – cross Lf over Rf

S4 : SIDE, TOUCH, KICK BALL CROSS, SIDE, CLOSE, TRIPLE STEP FWD

1-2 Step Rf to side – touch Lf beside Rf
3&4 Kick Lf diagonally forward left – step ball of Lf beside Rf – cross Rf over Lf
5-6 Step Lf to side – close Rf next to Lf
7&8 Step Lf forward – step Rf beside Lf – step Lf forward

S5 : SIDE, CLOSE, TRIPLE STEP FWD, ROCK FWD, ROCK SIDE

1-2 Step Rf to side – close Lf next to Rf
3&4 Step Rf forward – step Lf beside Rf – step Rf forward
5-6 Rock forward on Lf – recover onto Rf
7-8 Rock Lf to left side – recover onto Rf

S6 : L SAILOR, R SAILOR, UNWIND ½ TURN L, R TRIPLE STEP FWD

1&2 Step ball of Lf behind Rf – step ball of Rf to side – step Lf to side, slightly forward
3&4 Step ball of Rf behind Lf – step ball of Lf to side – step Rf to side, slightly forward
5-6 Touch left toes behind Rf – unwind 1/2 turn left, taking weight on Lf (3:00)
7&8 Step Rf forward – step Lf beside Rf – step Rf forward

S7 : FIGURE 8 VINE

1-2-3 Step Lf to left side – step Rf behind Lf – turn 1/4 left stepping Lf forward (12:00)
4-5 Step Rf forward – pivot 1/2 turn left (6:00)
6-7-8 Turn 1/4 left stepping Rf to right side (3:00) – step Lf behind Rf – turn 1/4 right stepping Rf forward (6:00)

S8 : L JAZZ BOX SQUARE, SIDE, DRAG, BACK ROCK

1-2-3-4 Cross Lf over Rf – step back on Rf – step Lf to side – cross Rf over Lf
5-6-7-8 Large step Lf to left side – drag Rf toward (keeping weight on Lf) – Rock back on Rf – recover onto Lf

Restart / Tag : wall 3 starts facing 12:00, dance 12 counts (now facing 6:00), then add :

5-6 Turn 1/4 right stepping back on Lf – turn 1/4 right stepping Rf to side (12:00)

7&8 Cross Lf over Rf – step Rf to side – cross Lf over Rf

Then restart the dance, facing 12:00

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.
