

Footloose

拍数: 32 墙数: 4 级数: Beginner
编舞者: Laura Rittenhouse (AUS) - November 2022
音乐: Footloose - Blake Shelton



Start after 32 beats (174 BPM) one wall before lyrics when Blake shouts "yah" & electric guitar kicks in, or wait another 32 counts and start with lyrics

S1: RAMBLE RIGHT & LEFT

(Start with weight evenly on both feet)

1,2,3,4 Swivel both heels right, Swivel both toes right, Swivel both heels right, Hold
5,6,7,8 Swivel both heels left, Swivel both toes left, Swivel both heels left, Hold

S2: HEEL DIGS, HEEL SPLITS

1,2,3,4 Dig R heel fwd at R diagonal, Step R foot beside L, Dig L heel fwd at L diagonal, Step L foot beside R (weight even between feet)
5,6,7,8 Swivel both heels out keeping weight on toes, Swivel both heels back to centre, swivel both heels out, Swivel both heels back to centre

S3: CROSS MAMBOS

1,2,3,4 Cross rock R over L, Recover on L, Step R beside L, Hold
5,6,7,8 Cross rock L over R, Recover on R, Step L beside R, Hold

S4: TURN ¼ R WITH K CLAP

1,2,3,4 Step forward on R to R diagonal, Touch L beside R & clap, Step back on L to L diagonal, Touch R beside L & clap
5,6,7,8 Turn R ¼ stepping back on R to R diagonal, Touch L beside R & clap, Turn R ¼ stepping L to L diagonal (3:00), Touch R beside L & clap

NOTES

The music is FAST and the phrasing is all over the place. It would be a very difficult dance to insert enough tags and restarts to keep it all in synch, so this is a "just go for it" dance. You should be moving fast enough to not worry about where the chorus kicks in ☐