

# Foot Loose

COPPERKNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Advanced  
编舞者: Knox Rhine (USA)  
音乐: My Maria - Brooks & Dunn



## TAP-TAP-TAP, BEHIND-SIDE-IN FRONT

- 1 Tap right toe forward-right
- & Tap right toe farther forward-right
- 2 Step forward-right with right foot
  
- 3 Step across behind right leg with left foot
- & Step to right side with right foot
- 4 Step across in front of right leg with left foot

## SLAP, STEP, BACK-LOCK-BACK

- 5 Lift right leg up behind left leg and slap with left hand
- 6 Step back-right with right foot
- 7 Step back-left with left foot
- & Step back-left across in front of left leg with right foot
- 8 Step back-left with left foot

## SHUFFLE - RIGHT-LEFT-RIGHT, RIGHT ¾ TURN

- 9 Step forward with right foot
- & Step together with left foot
- 10 Step forward with right foot
- 11 Step ¼ turn right with left foot
- & Step ¼ turn right with right foot
- 12 Step ¼ turn right with left foot

## SHUFFLE BACK: RIGHT-LEFT-RIGHT, ROCK-STEP

- 13 Step back with right foot
- & Step together with left foot
- 14 Step back with right foot
- 15 Step back with left foot
- 16 Rock forward onto right foot

## TAP-TAP-TAP, BEHIND-SIDE-IN FRONT

- 17 Tap left toe forward-left
- & Tap left toe farther forward-left
- 18 Step forward-left with left foot
- 19 Step across behind left leg with right foot
- & Step to left side with left foot
- 20 Step across in front of left leg with right foot

## SLAP, STEP, BACK-LOCK-BACK

- 21 Lift left leg up behind right leg and slap with right hand
- 22 Step back-left with left foot
- 23 Step back-right with right foot
- & Step back-right across in front of right leg with left foot
- 24 Step back-right with right foot

**SHUFFLE - LEFT-RIGHT-LEFT, LEFT ¼ TURN**

- 25 Step forward with left foot  
& Step together with right foot  
26 Step forward with left foot  
27 Step ¼ turn left with right foot  
  
& Step ¼ turn left with left foot  
28 Step ¼ turn left with right foot

**SHUFFLE BACK: LEFT-RIGHT-LEFT, ROCK-STEP**

- 29 Step back with left foot  
& Step together with right foot  
30 Step back with left foot  
31 Step back with right foot  
32 Rock forward onto left foot

**CROSS, ½ TURN, HEEL-TOE-CROSS**

- 33 Step across in front of left leg with right toe  
34 Pivot ½ turn left on balls of both feet  
35 Touch left heel forward-left  
& Place left toe next to right foot  
36 Step across in front of left leg with right foot

**RE-CROSS, ½ TURN, HEEL-TOE-CROSS**

- 37 Step across in front of right leg with left toe  
38 Pivot ½ turn right on balls of both feet  
39 Touch right heel forward-right  
& Place right toe next to left foot  
40 Step across in front of right leg with left foot

**BACKWARDS ½ MONTEREY**

- 41 Touch right toe to right side  
42 Pivot ½ turn left on ball of left foot, place right foot next to left foot  
43 Touch left toe to left side  
44 Place left foot next to right foot

**BACKWARDS ¼ MONTEREY**

- 45 Touch right toe to right side  
46 Pivot ¼ turn left on ball of left foot, place right foot next to left foot  
47 Touch left toe to left side  
48 Place left foot next to right foot

**FAN & FAN & TOES-HEELS-HEELS-TOES**

- 49 Fan right toe to right side  
& Return right toe to center  
50 Fan left toe to left side  
& Return left toe to center  
51 Fan both toes out  
& Fan both heels out  
52 Fan both heels in  
& Fan both toes in

**SINGLE APPLEJACKS: LEFT-RIGHT-LEFT-RIGHT/HOOK**

- 53 Fan left toe and right heel to left side

- & Fan left toe and right heel to right side
- 54 Fan right toe and left heel to right side
- & Fan right toe and left heel to left side
- 55 Fan left toe and right heel to left side
- & Fan left toe and right heel to right side
- 56 Fan right toe and left heel to right side
- & Fan right toe to left side and hook left heel across in front of right leg

### **DIAGONAL CHA-CHA'S**

- 57 Step and face forward-left with left foot
- & Step together with right foot
- 58 Step in place with left foot
- 59 Pivot  $\frac{1}{4}$  turn right on ball of right foot and step/face forward-right with right foot
- & Step together with left foot
- 60 Step in place with right foot

### **ROGER RABBIT'S, ROCK-STEP**

- & Scoot back on right foot turning  $\frac{1}{8}$  left to face wall
- 61 Step across behind right leg with left foot
- & Scoot back on left foot
- 62 Step across behind left leg with right foot
- & Scoot back on right foot
- 63 Step across behind right leg with left foot
- & Rock forward onto right foot
- 64 Rock back onto left foot

### **REPEAT**

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