

Footloose

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Heart's Desire - Lee Roy Parnell



ARM & TOE SWIVELS, CROSS BACK, ½ TURN, OUT-OUT, IN-IN

- 1 Beginning with feet together and elbows bent so that forearms are extended in front of body, swivel toes out (toe splits) and at same time open forearms out to side (keeping elbows next to body)
- 2 Swivel toes and arms in to center
- 3&4 Repeat toe & arm swivels out-in-out
- 5 Cross right foot behind left foot
- 6 Turn ½ to right on balls of both feet, ending with weight on left foot
- & Step right foot out to right side
- 7 Step left foot out to left side
- & Step right foot home
- 8 Step left foot together

KICK-STEP-SIDE ROCK 4X, LEADING RIGHT-LEFT-RIGHT-LEFT

- 1 Kick right foot forward
- & Step right foot down small step forward from beginning position
- 2 Rock left foot to left side
- & Step right foot in place (recover)
- 3 Kick left foot forward
- & Step left foot down small step forward from beginning position
- 4 Rock right foot to right side
- & Step left foot in place (recover)
- 5-8& Repeat steps 1-4&

During this count of 8, you are traveling slightly forward

STEPS & TOE TAPS TO SIDE, STEP-HOPS TO BACK, STEP BACK

- 1 Step back on right foot
- 2 Tap left toe to left side
- 3 Step back on left foot
- 4 Tap right toe to right side
- 5 Step back on right foot
- & Hop on right foot
- 6 Step back on left foot
- & Hop on left foot
- 7 Step back on right foot
- & Hop on right foot
- 8 Step back on left foot

STEP, TOGETHER, HOP, SLIDE TO RIGHT, SIDE STEP, SWING FOOT BEHIND, OUT-OUT, ¼ TO RIGHT, CLOSE FEET TOGETHER

- 1 Step right foot to right side
- 2 Step left foot together
- & Hop on left foot
- 3 Slide right foot to right
- 4 Shift weight to right foot
- 5 Swing left foot in an arc and step behind right foot

- & Step right foot to right side
- 6 Step left foot to left side
- 7 Swivel $\frac{1}{4}$ to right on balls of both feet (right foot is now forward)
- 8 Bring right foot together

REPEAT
