

# Cut Loose

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BY STEPHEN BRETZ

拍数: 50      墙数: 2      级数: Intermediate / Advanced  
编舞者: Helen J. Spaven - September 2008  
音乐: Footloose - Kenny Loggins



Start 29 counts after the first major beat kicks in

## Applejacks x4, Right Side Behind Side Scuff, Left Side Behind Side Scuff

- &1      Take weight on right toe and left heel, swivel right heel and left toe to left, return both feet to place
- &2      Take weight on left toe and right heel, swivel left heel and right toe to right, return both feet to place
- &3&4      Repeat steps &1&2
- 5-8      Step right to side, cross left behind right, step right to side, scuff left forward
- 9-12      Step left to side, cross right behind left, step left to side, scuff right forward

## Right Scuff, Left Scuff, Right Scuff, Left Scuff, Out Cross Hold, Out Cross Hold

- 13-14      Step right forward, scuff left forward
- 15-16      Step left forward, scuff right forward
- 17-18      Step right forward, scuff left forward
- 19-20      Step left forward, scuff right forward
- 20&21      Jump feet apart, jump crossing right in front of left and left behind right, jump feet apart
- 22&23      Jump feet apart, jump crossing left in front of right and right behind left, jump feet apart

## Right Shuffle, Left Shuffle, Step Flick Back Hook

- 24&25      Step right forward, slide left up to right putting weight onto left, step right forward
- 26&27      Step left forward, slide right up to left putting weight onto right, step left forward
- 28-29      Step right forward, flick left behind right and slap left ankle behind with right hand
- 30-31      Step left back, hook right leg in front of left and slap right ankle in front with left hand

## Side In Front Side Flick, In Front Flick Flick Cross Unwind, Stomp Stomp

- 32-35      Touch right to the side, touch right in front of left, touch right to side, flick right to side slapping right side of ankle with right hand
- 36-40      Touch right in front of left, hitch right leg up and slap left side of ankle with left hand, slap right side of ankle with right hand, step right down and cross in front of left, unwind half turn over left shoulder
- 41-42      Stomp right, stomp left

## Right Kick And Point, Left Kick And Point, Right Kick And Point, Scuff Step

- 43-44      Kick right forward, bring right back into place and point left toe to left side
- 45-46      Kick left forward, bring left back into place and point right toe to right side
- 47-48      Kick right forward, bring right back into place and point left toe to left side
- 49-50      Scuff left, step left together

Repeat

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