

# Cut Me Loose

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Magali CHABRET (FR) - May 2022  
音樂: 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](mailto:galicountry76@yahoo.fr)**

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

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