

Cut Loose

拍數: 64 牆數: 4 級數: Improver
編舞者: Tina Argyle (UK) - May 2022
音樂: Cut Me Loose - The Shires : (iTunes)



Count in:- 16 counts from start of track – approx 9 seconds in

Walk, Walk, Step Lock Step, Step, ½ Pivot, Shuffle

1-2 Step right forward, Step left forward
3&4 Step right forward, Lock left behind right, Step forward on right
5-6 Step forward on left, ½ turn right onto right
7&8 Step forward on left, Close right at side, Step forward on left

*** Tag here during wall 3 see note at bottom of script ***

Walk, Walk, Step Lock Step, Rock, Recover, ¼ Turn. Brush

1-2 Step right forward, Step left forward
3&4 Step right forward, Lock left behind right, Step forward on right
5-6 Rock forward on left, Recover onto right
7-8 ¼ turn left onto left, Brush right

Jazz Cross, Rock, Recover, Cross, Side

1-2 Cross right over left, Step back on left
3-4 Step right to side, Cross left over right
5-6 Rock out on right, Recover onto left
7-8 Cross right over left, Step left to left side

Behind, ¼, Step ½, Diagonal Step Drag Tap, Step Drag Tap

1-2 Cross right behind, ¼ turn left onto left
3-4 Step forward on right, ½ pivot onto left
5-6 Step right to right diagonal, Slide left and tap left at side
7-8 Step left to left diagonal, Slide right and tap right at side

Rocking Chair, Chasse, Rock, Recover

1-2 Rock forward on right, Recover onto left
3-4 Rock back on right, Recover onto left
5&6 Step right to side, Close left at side, Step right to side
7-8 Rock back on left, Recover onto right

Kick, Ball, Cross, Kick, Ball, Cross, Chasse, Rock, Recover

1&2 Kick left forward, Step on left, Cross right over left
3&4 Kick left forward, Step on left, Cross right over left
5&6 Step left to side, Close right at side, Step left to side
7-8 Rock back on right, Recover onto left

Rock, Recover, Shuffle ½, Rock, Recover, Coaster Step

1-2 Rock forward on right, Recover onto left
3&4 ¼ turn right stepping on right, Close left at side, ¼ turn right stepping forward on right
5-6 Rock forward on left, Recover onto right
7&8 Step back on left, Step right at side, Step forward on left

Rock, Recover, Triple ¾, Rock, Recover, Step, Tap

1-2 Rock forward on right, Recover onto left
3&4 ½ turn right onto right, Close left at side, ¼ right stepping forward right

5-6 Rock forward on left, Recover onto right
7-8 Step back left, Tap right at side of left

TAG: During Wall 3 after 8 counts add the following 8 count tag facing 12 o'clock, then re start the dance

1-4 Rock forward on right, Recover onto left, Rock back on right, Recover onto left
5-8 Step forward right, $\frac{1}{2}$ pivot turn onto left, Step forward right, $\frac{1}{2}$ pivot turn onto left

Last Update: 20 May 2022
