

Get Footloose

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jason Aban (USA) & Kerry Maus (USA) - November 2024
音樂: Footloose - Don Louis : (iTunes, Spotify, Amazon)



TAG (16 counts) at the end of walls 2, 4, 6

Intro: 16 counts

[1-8] STEP, FLICK, STEP, HOOK, TRIPLE STEP, MAMBO, BEHIND ¼ CROSS

- 1&2& 1) Step R forward, &) flick L behind R and slap with R hand, 2) Step L back, &) hook R across L knee, slap R knee with L hand
3&4 3) Step R forward, &) step L beside R heel, 4) step R forward
5&6 5) Rock L forward, &) recover back R, 6) step L back
7&8 7) step R back, &) turn ¼ turn left step L to left, 8) cross R over L [9:00]

[9-16] VINE ¼, ¼ HITCH, STEP SLIDE, STOMP, SWIVEL HEELS, TOES, HEELS, KICK BALL STEP

- 1&2& 1) Step L to left, &) cross R behind L, 2) turn ¼ left step L forward, &) hitch R knee while turning ¼ left
3,4 3) Step R to right, 4) stomp L beside R
5&6 5) Swivel both heels left, &) swivel both toes left, 6) swivel both heels left
7&8 7) Kick R forward, &) step R beside L heel, 8) step L slightly forward [3:00]

[17-24] TOE, HEEL ½ TURN, STOMP, STEP ¼ PIVOT, CROSS TOE STRUT, TOE STRUT "SCOOPY SNAP"

- 1&2 1) Touch R toe back, 2) turn ½ right on L as you tap R heel forward, &) step R forward
3,4 3) Step L forward, 4) pivot ¼ right weight to R
5,6 5) Cross L toe over R, 6) drop L heel to floor weight to L
7,8 7) Touch R toe to R diagonal, push R hand ready to snap, in a downward motion away from your body, 8) drop R to floor weight to R, and bring hand up in a circular motion and snap! [12:00]

[25-32] CROSS ROCK, RECOVER, SIDE, CHASE ½ TURN, STEP, LOCK, STEP, STEP, LOCK, STEP, STEP

- 1&2 1) Cross L over R, &) recover R, 2) step L to left
3&4 3) Step R forward, &) pivot ½ turn left weight to L, 4) step R forward
5&6& 5) Step L forward/diagonal, &) lock R behind L, 6) step L forward/diagonal, &) step R forward/diagonal
7&8 7) Lock L behind R, &) step R forward/diagonal 8) step L forward [6:00]

TAG:

[1-8] STEP, CLAP, ½ PIVOT, CLAP, TRIPLE STEP, STEP, CLAP, ½ PIVOT, CLAP, TRIPLE STEP

- 1&2& 1) Step R forward, &) clap, 2) pivot ½ turn left, weight to L &) clap
3&4 3) Step R forward, &) step L beside R heel 4) step R forward
5&6& 5) Step L forward, &) clap, 6) pivot ½ turn right, weight to R &) clap
7&8 7) Step L forward, &) step R beside L heel, 8) step L forward

[9-16] FULL WALKAROUND TO LEFT - STEP, CLAP, STEP, CLAP, TRIPLE STEP (x2)

- 1&2& 1) Step R forward turning 1/8 left, &) clap, 2) Step L forward turning 1/8 left &) clap
3&4 3) Step R forward turning 1/8 left, &) step L beside R heel 4) step R forward turning 1/8 left
5&6& 5) Step L forward turning 1/8 left, &) clap, 6) Step R forward turning 1/8 left &) clap
7&8 7) Step L forward turning 1/8 left, &) step R beside L heel 8) step L forward turning 1/8 left

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