Footloose

拍數: 48

級數: Intermediate

編舞者: Diana Riley (CAN)

音樂: Footloose - Kenny Loggins

RIGHT KICK FORWARD (2X), KICK SIDE (2X), BEHIND, STEP, CROSS, TOUCH

- 1-2-3-4 Kick right forward twice, kick right at 3:00 twice
- 5-6-7-8 Step right behind left, step left to left side, step right across left, touch left beside right

REPEAT 1-8 WITH LEFT FOOT

- 1-2-3-4 Kick left foot forward twice, kick left at 9:00 twice
- 5-6-7-8 Step left behind right, step right to right side, step left across right, touch right beside left.

STEP, ½ TURN, STEP, ½ TURN

- 1-2 Step forward on right, pivot on right ¼ turn left
- 3-4 ¹/₄ turn left ending with weight on left (finishes ¹/₂ turn)
- 5-6 Step forward on right, pivot on right ¼ turn left
- 7-8 ¹/₄ turn left ending with weight on left (finishes ¹/₂ turn)

RUN FORWARD (RIGHT-LEFT-RIGHT-LEFT), JUMP OUT, IN, ½ TURN OUT, IN

- 1-2-3-4 Run forward (right, left, right, left)
- 5-6 Jump right and left to side, jump right and left together
- 7-8 Make ¹/₂ turn left while jumping right and left to side, jump right and left together

RIGHT KICK FORWARD, TOUCH, STEP, DRAG, LEFT REPEAT

- 1-2 Kick right forward, touch right beside left
- 3-4 Big step with right to right, touch left beside right
- 5-6 Kick left forward, touch left beside right
- 7-8 Big step with left to left, touch right beside left

FORWARD SHUFFLES WITH FULL TURN (RIGHT, LEFT, RIGHT, LEFT)

- 1&2 Step right slightly forward, ball left, step right
- &3&4 Kick left toe slightly making ¼ turn left, step left, ball right, step left
- &5&6 Kick right toe slightly making ¼ turn left, step right, ball left, step right
- &7&8 Kick left toe slightly making ½ turn left, step left, ball right, step left

REPEAT

Dance finishes on starting wall at the end of steps 25-32. On count 32, throw hands in air.





牆數:2