

Footloose

COPPER KNOB
BY STEPHEN

拍數: 60 牆數: 4 級數: Intermediate
編舞者: Jenny (UK) & The Tin Can Ladies
音樂: Footloose - Kenny Loggins



CHARLESTON

1-2-3-4 Touch right toe forward, hold, step back on right foot, hold
5-6-7-8 Touch left toe back, hold, step left foot forward, hold

DWIGHT SWIVELS, SIDE ROCK, CROSS HOLD

1-2-3-4 Touch right toe to instep on left foot, touch right heel to instep on left foot, touch right toe to instep of left foot, touch right heel to instep of left foot (moving to the right swivel left foot, heel, toe, heel, toe)
5-6-7-8 Step right to right side, recover on left, cross right in front of left, hold

SIDE, ROCK, CROSS, HOLD, ROCKING CHAIR

1-2-3-4 Step left to the side, recover on the right, cross left in front of right, hold
5-6-7-8 Step forward on right, rock back on left, rock back on right, recover forward on left

PADDLE TURN, STEP FORWARD, HOLD, VINE LEFT AND TOUCH

1-2-3-4 Step forward on right foot turn $\frac{1}{4}$ left weight on left, step forward on right and hold
5-6-7-8 Step left to left side, step right behind left, step left to left side, touch right beside left (rolling vine for the enthusiasts)

SIDE TOUCHES TWICE, MONTEREY $\frac{1}{2}$ TURN

1-2-3-4 Touch right foot to right side, step right beside left, touch left toe to left side, step left foot together
5-6-7-8 Touch right toe to right side, $\frac{1}{2}$ turn right step right foot together, touch left toe to left side, step left foot together

KICK BALL STEP HOLD TWICE

1-2-3-4 Kick right foot forward, step on ball of right foot, step forward on left, hold
At this point you can add attitude shimmies or hips
5-6-7-8 Repeat as above

DOROTHY RIGHT AND LEFT TO THE SIDE, FORWARD TOGETHER 2 STOMPS

1-2&-3-4& Step right to right side, lock left behind right, step right foot beside left, step left foot to left side, lock right behind left, step left beside right

Easy alternative: step right to right side, touch left, step left to left side, touch right

5-6-7-8 Small step forward on right, step left beside right, stomp right foot twice beside left

BIG STEP LEFT, DRAG RIGHT, TOGETHER, HOLD

1-2-3-4 Big step left to left side, drag right foot beside left over three counts (add attitude)

REPEAT

RESTART

On wall 3 dance to count 32 and restart to 3:00 wall

TAG

At the end of wall 4 add the following tag

CHARLESTON AND 4 PADDLE TURNS

1-2-3-4 Touch right toe forward, step right back

5-6-7-8 Touch left toe back, step left foot forward

1-8 Step right forward, $\frac{1}{4}$ turn left (repeat 3 more times brings you back to 6:00 wall)

Restart dance

TAG & RESTART

On wall 6 dance to count 24 then add 2 paddle turns, restart to 3:00 wall

On wall 9 dance to count 24 then add 2 paddle turns, restart to 3:00 wall
