

Cut Loose

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Mike Salerno (USA)
音樂: Loosen Up My Strings - Clint Black



RIGHT KICK-BALL-CHANGE, POINT TOE FORWARD, POINT TOE SIDE, RIGHT SAILOR STEP, ROCK, STEP

- 1& Kick right foot forward, step lightly on ball of right foot beside left heel
- 2 Step left foot in place
- 3 Point right toe forward
- 4 Point right toe to right side
- 5& Cross/step right foot behind left foot, step ball of left foot to left side
- 6 Step right foot in place
- 7-8 Rock/step left foot forward, step right foot in place

LEFT COASTER STEP, STEP, ½ PIVOT, RIGHT JAZZ BOX

- 9& Step left foot backwards, step right foot beside left foot
- 10 Step left foot forward
- 11 Step right foot forward
- 12 Pivot a ½ turn left, transferring weight to left foot
- 13 Cross/step right foot in front of left foot
- 14 Step left foot backwards
- 15 Step right foot to right side
- 16 Step left foot forward

ROCK, STEP, ½ TURNING TRIPLE STEP, ROCK, STEP, ¼ TURNING TRIPLE STEP

- 17-18 Rock/step right foot forward, step left foot in place
- 19 Step right foot backwards with a ¼ turn right
- & Step left foot beside right foot
- 20 Step right foot to right side with a ¼ turn right
- 21-22 Rock/step left foot forward, step right foot in place
- 23 Step left foot backwards with a ¼ turn left
- & Step right foot beside left foot
- 24 Step left foot beside right foot

TRAVELING DOUBLE HEEL DIGS, STEP

To travel forward, step on ball of foot wherever heel of same foot was tapped

- 25 Tap right heel forward
- 26& Tap right heel forward, step ball of right foot in place
- 27 Tap left heel forward
- 28& Tap left heel forward, step ball of left foot in place
- 29 Tap right heel forward
- 30& Tap right heel forward, step ball of right foot in place
- 31 Tap left heel forward
- 32& Tap left heel forward, step left foot beside right foot

REPEAT