

# Footloose

拍數: 88      牆數: 4      級數: Improver  
編舞者: Redback Bootscootin Dance Company (AUS) - 1999  
音樂: Footloose - T J Dennis & The Wham Bam Thank You Band



Start dance 16 beats before vocals start (9th set of 8 from beginning)

- [1-8]            KNEE ROLLS RIGHT, LEFT, RIGHT, LEFT, JUMP LANDING RIGHT, LEFT**  
1-2            Roll right knee in to the right circle taking two counts  
3-4            Roll left knee in counter to the right circle taking two counts  
5-6            Roll right knee to the right, roll left knee counter to the right  
7-8            Jump both feet up right first, then left- landing right then left
- [9-16]           HEEL TAP AT 45, SLAP RIGHT BEHIND, HEEL TAP AT 45, SLAP RIGHT TO SIDE, VINE RIGHT WITH 1/4 TURN LEFT**  
1-2            Right heel tap at 45 degrees right, raise right behind and slap with left hand  
3-4            Right heel tap at 45 degrees right, swing right to right side and slap with right hand  
5-6            Step right to right side, cross/step left behind right  
7-8            Step right to right side turning a 1/4 left, left heel tap at 45 degrees left & clap
- [17-24]           HIP BUMPS FORWARD, BACK, FORWARD, FORWARD, BACK, FORWARD, BACK, BACK**  
1-4            With feet apart as in step 16- bump hips forward, back, forward & forward  
5-8            Bump hips back, forward, back & back
- [25-32]           HEEL STRUTS LEFT, RIGHT, LEFT WITH DOUBLE RIGHT STOMP (UP)**  
1-2            Touch heel of left forward, slap ball of left down so full foot is on floor  
3-4            Touch heel of right forward, slap ball of right down so full foot is on floor  
5-6            Touch heel of left forward, slap ball of left down so full foot is on floor  
7-8            Stomp right twice (end weight on left) with two claps
- [33-36]           KICK RIGHT FORWARD (X2), ROCK BACK ON RIGHT, ROCK BACK ON LEFT**  
1-2            Kick right forward twice  
3-4            Step/rock backward onto right, step/rock forward onto left in place
- [37-44]           RIGHT JAZZ BOX WITH 1/4 TURN RIGHT, RIGHT JAZZ BOX**  
1-2            Cross/step right over left, step left back  
3-4            Step right to side turning 1/4 to right, step left next to right  
5-6            Cross/step right over left, step left back  
7-8            Step right back and to right side, touch left next to right
- [45-48]           LEFT FORWARD, 1/4 TURN RIGHT, JUMP AND SLAP THIGHS**  
1-2            Step left straight forward, pivot on balls of feet turning 1/4 right, (weight to both feet)  
3-4            Jump up landing with feet apart and knees bent, slap both thighs with hands
- [49-56]           RIGHT TOE THEN HEEL TOUCH (SUGAR FOOT), TRAVELING TOE/ HEEL TAPS**  
1-2            Point/touch right toe in toward left instep (right knee points in, right heel off floor), hold  
3-4            Reverse the above touching right heel in and pointing toe up & out, hold  
5            Point/tap right toe in-left heel swivels toward right  
6            Reverse and tap right heel in-right toes swivel toward right  
7            Point/tap right toe in-left heel swivels toward right  
8            Reverse and tap right heel in-right toes swivel toward right
- [57-64]           DIPPING HIP BUMP RIGHT, CLAP, LEFT TOE THEN HEEL TOUCH**  
1            Place right fully on floor and bend knees

- 2 Push right hips toward right beginning to straighten knees and turning on balls of both feet toward left side
- 3 Finish right hip bump with weight on right and straightened knees
- 4 Clap hands (body will be angled toward original wall)
- 5-6 Turning to face right wall-point/touch left toe in toward left instep (left knee turns in, left heel off floor), hold
- 7-8 Reverse the above touching left heel in and right toe up & out, hold

**[65-68] DIPPING HIP BUMP LEFT, CLAP (REVERSE SIDE)**

Counts 1-4 are a mirror repeat of counts 57-60.

- 1 Place left fully on floor and bend knees
- 2 Push left hips toward left beginning to straighten knees and turning on balls of both feet toward right side
- 3 Finish left hip bump with weight on left and straightened knees
- 4 Clap hands (body will be angled toward original wall)[69-76]

**HIP BUMPS FORWARD, BACK, FORWARD & FORWARD, THEN BACK, FORWARD, BACK & BACK**

- 1-4 With feet apart as in step 68- bump hips forward, back, twice forward
- 5-8 Bump hips back, forward, back twice (finish weight on left)

**[77-80] HIP BUMPS FORWARD, BACK, FORWARD & FORWARD, THEN BACK, FORWARD, BACK & BACK**

- 1-2 Step onto right, turn 1/4 right and step onto left (feet shoulder width apart)
- 3-4 Rock weight to right still in place from step 77, step left next to right

**[81-88] RIGHT HEEL TAP, SLAP RIGHT BEHIND, RIGHT TOE TOUCH, HEEL DOWN (REPEAT ON LEFT)**

- 1-2 Right heel tap at 45 degrees, raise right behind and slap with left hand
- 3-4 Touch ball of right down (about 8-10" from left), set right heel down & clap
- 5-6 Left heel tap at 45 degrees, raise left behind and slap with right hand
- 7-8 Touch ball of left down (about 8-10" from right), set left heel down and clap

**REPEAT**

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