

Footloose

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 1 級數: Phrased Advanced
編舞者: William Sevone (UK) - February 2011
音樂: Footloose - Kenny Loggins : (Footloose OST / many compilations)



Dance Sequence:- A-A-A(28)-B-B-A(16)-A-A-A(20)-B-B-A-A-A(20)-B-B-B-B(24)-Finale. (phewww)

Choreographers note:- REMEMBER to read the Dance Notes.

Always remember - 'The beat may reach your feet - but the rhythm should electrify your soul'.

Dance starts with the main vocals.

SECTION A

4x 'On The Spot' Toe Strut.

- 1 – 2 Step right toe to right side. Drop right heel to floor.
- 3 – 4 Step left toe to left side. Drop left heel to floor.
- 5 – 6 Step right toe to right side. Drop right heel to floor.
- 7 – 8 Step left toe to left side. Drop left heel to floor.

2x Kick Ball-Forward. Side. Side. Back. Together.

- 9& 10 Kick right forward, step right next to left, step slightly forward onto left.
- 11& 12 Kick right forward, step right next to left, step slightly forward onto left.
- 13 – 14 Step right to right side. Step left to left side.
- 15 – 16 Step right backward and to centre. Step left next to right.

Dance Note: On 4th 'A' repetition – after count 16 restart dance from count 1.

2x Swivel-Hold. 4x Swivel.

- 17 – 18 Swivel heels right. Hold
 - 19 – 20 Swivel toes right. Hold
- Dance Note: On 7th and 10th 'A' repetition - start Section B from this point.
- 21 – 22 Swivel heels right. Swivel heels left.
 - 23 – 24 Swivel toes left. Swivel heels to centre – with weight on right.

Diagonal Kick. Weave. Diagonal Kick. Behind. Coaster Step.

- 25 – 26 Kick left diagonally to left side. Step left behind right.
 - 27 – 28 Step right to right side. Cross left over right.
- Dance Note: On 3rd 'A' Repetition - start section B from this point.
- 29 – 30 Kick right diagonally to right side. Step right behind left.
 - 31& 32 Step backward onto left, step right next to right, step left slightly forward.

SECTION B

Side. Side. Slap. Slap. Cross. 3/4 'Hot Tamales Turn'.

- 1 – 2 Step right to right side. Step left to left side.
- 3 – 4 Bump hip right – slap hip with right hand. Bump hip left – slap hip with left hand.
- 5 – 6 Cross right over left & turn ¼ left. Bending at knees - 'push' right shoulder.
- 7 – 8 Keep turning and ¾ to face 12:00 (whilst straightening up) - 'pushing' right shoulder.

2x Large Push Step-Recover-Together. 2x Side.

- 9 – 10 Large push step to right on right. Recover onto left.
- 11 – 12 Step right next to left. Large push step to left on left.
- 13 – 14 Recover onto right. Step left next to right.
- 15 – 16 Small step right to right side. Small step left to left side.

2x Jump Together-Apart-Cross-1/2 Left.

- 17 – 18 Jump - both feet together. Jump – both feet apart.

- 19 – 20 Jump – crossing right over left. Unwind ½ left (6)
21 – 22 Jump - both feet together. Jump – both feet apart.
23 – 24 Jump – crossing right over left. Unwind ½ left (12)

**Dance Note: Keep feet on jumps and crosses only slightly apart.
On 8th 'B' repetition – start the 'Finale' from this point.**

Out-In Heel and Toe Splits.

- 25 – 26 moving outward - Split heels apart (toes in). Split toes apart (heels in)
27 – 28 moving outward - Split heels apart (toes in). Split toes apart (heels in)
29 – 30 moving inward – Toes in (heels apart). Heels in (toes apart).
31 – 32 moving inward – Toes in (heels apart). Heels in (toes apart).

FINALE: After count 24 of the 8th 'B' repetition

Jump Apart. Hold. Clap. Hold. Jump 1/4 Left. Hold. Clap Hold (9:00)

- 1 – 2 Jump – feet apart. Hold
3 – 4 Clap hands – chest height. Hold
5 – 6 Jump & turn ¼ left – feet apart (9). Hold
7 – 8 Clap hands – chest height. Hold

2x Jump 1/4 Left-Hold-Clap-Hold (3:00)

- 9 – 10 Jump & turn ¼ left – feet apart (6). Hold
11 – 12 Clap hands – chest height. Hold
13 – 14 Jump & turn ¼ left – feet apart (3). Hold
15 – 16 Clap hands – chest height. Hold

Jump 1/4 Left. Hold. Clap. Hold. Jump Apart. Hold. Clap. Hold (12:00)

- 17 – 18 Jump & turn ¼ left – feet apart (12). Hold
19 – 20 Clap hands – chest height. Hold
21 – 22 Jump – feet apart. Hold
23 – 24 Clap hands – chest height. Hold

Freak-Out. Freeze.

- 25 – 34 GO WILD/FREESTYLE – wave arms, tap dance, Peacock – do anything you want.
35 – 36 FREEZE.. and hold the pose for two counts (end of music).
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