

# Footloose

COPPER KNOB  
STEPPERS

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).
-