Footloose



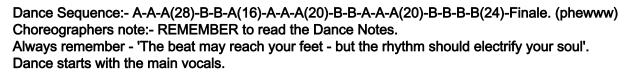
拍數: 64

牆數:1

級數: Phrased Advanced

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音樂: Footloose - Kenny Loggins : (Footloose OST / many compilations)



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 $\frac{3}{4}$ 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 $\frac{1}{2}$ 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).