

Cut You Loose

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Malene Jakobsen (DK) - February 2011
音樂: Good Thing's Gone Bad (feat. Ronnie Milsap) - James Otto : (CD: Shake What God Gave Ya)



Intro: 32 counts from when the beat kicks in, 20 seconds into track, dance begins with weight on L

[1-9] Rock, recover, together, lock step, out out, swivels

1-2-3 (1) Rock fwd. on R, (2) recover onto L, (3) step R next to L 12.00
4&5 (4) Step fwd. on L, (&) lock R behind L, (5) step fwd. on L 12.00
6-7 (6) Step R slightly R, (7) step L slightly L – weight on both feet 12.00
8&1 (8) Swivel heels L, (&) swivel toes L, (1) swivel heels L – weight on L 12.00

[10-17] ¼ Monterey, point, ball, side rock, touch, chassé

2-3 (2) Point R to R side, (3) on ball of L turn ¼ R stepping R next to L 3.00
4&5 (4) Point L to L side, (&) step L next to R, (5) rock R to R side 3.00
6-7 (6) Recover onto L, (7) touch R next to L 3.00
8&1 (8) Step R to R side, (&) step L next to R, (1) step R to R side 3.00

[18-25] Cross rock, shuffle ¼, sweep ½, step down, back mambo

2-3 (2) Cross L over R, (3) recover onto R 3.00
4&5 (4) Step L to L side, (&) step R next to L, (5) turn ¼ L stepping fwd. on L – prep. for sweeping ½ 12.00
6-7 (6) On ball of L make ½ turn L sweeping R, (7) step R next to L 6.00
8&1 (8) Rock back on L, (&) recover onto R, (1) step fwd. on L 6.00

[26-33] Rock, recover, coaster step, rock, recover, coaster step

2-3 (2) Rock fwd. on R, (3) recover onto L 6.00
4&5 (4) Step back on R, (&) step L next to R, (5) step fwd. on R 6.00
6-7 (6) Rock fwd. on L, (7) recover onto R 6.00
8&1 (8) Step back on L, (&) step R next to L, (1) step fwd. on L 6.00

[34-41] Hitch ¼, side, sailor step, touch behind, ½, shuffle ½

2-3 (2) Hitch R and on ball of L make ¼ turn L, (3) step R to R side 3.00
4&5 (4) Step L behind R, (&) step R to R side, (5) step L to L side 3.00
6-7 (6) Touch R toes back, (7) turn ½ turn R stepping down on R 9.00
8&1 (8) turn ¼ R stepping L to L side, (&) step R next to L, (1) turn ¼ R stepping back on L 3.00

[42-48] Sweep, ball step, shuffle, rock, recover, ¼

2&3 (2) Sweep R from front to back, (&) step slightly back on R, (3) step fwd. on L 3.00
4&5 (4) Step fwd. on R, (&) step L next to R, (5) step fwd. on R 3.00
6-7-8 (6) Rock fwd. on L, (7) recover onto R, (8) turn ¼ L stepping L to L side 12.00

[49-57] Monterey ¾, hold, ball, cross, back, side, cross shuffle

1-2-3 (1) Point R to R side, (2) on ball of L make ¾ turn R, (3) point L to L side 9.00
4&5 (4) Hold, (&) step L next to R, (5) cross R over L 9.00
6-7 (6) Step back on L, (7) step R to R side 9.00
8&1 (8) Cross L over R, (&) step R to R side, (1) cross L over R 9.00

[58-64] Back, ¼, touch, ball step, side, drag, back mambo

2-3 (2) Step back on R, (3) turn ¼ L stepping L to L side 6.00
4&5 (4) Touch R next to L, (&) step R next to L, (5) step fwd. on L 6.00

6-7 (6) Step R to R side, (7) drag L towards R 6.00
&&& (&) Rock back on L, (8) recover onto R, (&) step fwd. on L 6.00

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