

Footloose Again

COPPER KNOB
BY STEPHEN BRETZ

拍數: 48 牆數: 2 級數: Intermediate
編舞者: Diana Dawson (UK) - October 2011
音樂: Footloose - Blake Shelton : (Footloose OST)



Start on vocals

Section 1: RIGHT SIDE MAMBO, LEFT SIDE MAMBO, RIGHT & LEFT VAUDEVILLES

1&2 Rock right out to right side, recover onto left, step right beside left
3&4 Rock left out to left side, recover onto right, step left beside right
5&6& Cross step right over left, step back on left, dig right heel forward, step right beside left
7&8& Cross step left over right, step back on right, dig left heel forward, step left beside right

Section 2: SHUFFLE FORWARD, TRIPLE 3/4 TURN, BACK-LOCK-BACK, 1/2TURN SHUFFLE FORWARD

1&2 Step forward on right, step left up behind right, step forward on right
3&4 Step forward on left, 1/2 turn right stepping forward on right, 1/4 turn right stepping left to left side [9:00]
5&6 Step back on right, lock left over right, step back on right
7&8 1/4 turn left stepping left to left side, step right beside left, 1/4 turn left stepping forward on left [3:00]

Section 3: RUN FORWARD, STEP, PIVOT 1/2 TURN, STEP, TRIPLE FULL TURN, WALK FORWARDx2

1&2 Small steps run forward (bend knees) stepping Right-Left-Right
3&4 Step forward on left, pivot 1/2 turn right, step forward on left [9:00]
5&6 1/2 turn right stepping back on right, 1/2 turn right stepping forward on left, Step forward on right

Easy option: 5&6 - Right shuffle forward – no turning

7&8& Step forward on left, clap hands, step forward on right, clap hands

Section 4: STEP, PIVOT 1/4 TURN, SIDE SHUFFLE, LEFT SAILOR STEP, RIGHT SAILOR CROSS

1&2 Step forward on left, pivot 1/4 turn right, cross step left over right [12:00]

RESTART #3 here on Wall 5 (facing 12:00)

3&4 Step right to right side, close left beside right, step right to right side
5&6 Step left behind right, step right to right side, step left to left side

RESTART #4 here on Wall 6 (facing 12:00)

7&8 Step right behind left, step left to left side, cross right over left

Section 5: LEFT CHASSE, BACK-ROCK-STEP, STEP 1/2 TURN STEP, ROCKING CHAIR

1&2 Step left to left side, step right beside left, step left to left side
3&4 Step back on right, rock forward onto left, step forward on right
5&6 Step forward on left, pivot 1/2 turn right, step forward on left

RESTART #1 here on Wall 2 (facing 12:00)

7&8& Step forward onto right, rock back onto left, step back on right, rock forward onto left

Section 6: RIGHT ROCK & CROSS, LEFT ROCK & CROSS, MAMBO FORWARD, BACK-LOCK-BACK

1&2 Step right to right side, rock onto left, cross right over left
3&4 Step left to left side, rock onto right, cross left over right
RESTART#2 here on Wall 3 (facing 6:00)
5&6 Rock forward onto right, rock/recover back onto left, step right beside left
7&8 Step back on left, lock step right over left, step back on left

Begin Again

There are 4 restarts during the dance to make it fit comfortably with the phrasing of the music and the words of the song

Restart #1 is on Wall 2, Section 5, after steps 5&6 (left step-1/2 turn-step) – facing front [12:00]

Restart #2 is on Wall 3, Section 6, after steps 3&4 (left rock & cross) – facing back [6:00]

Restart #3 is on wall 5, Section 4, after steps 1&2 (left step- 1/4 turn-cross) – facing front [12:00}

Restart #4 is on Wall 6, Section 4, after steps 5&6(left sailor step) – also facing front [12:00}

Ending - Wall 7, Section 6 change steps 7&8 to 1/2 turn shuffle to face front
