

# Cut Loose

Count: 64

Wall: 4

Level: Improver

Choreographer: Tina Argyle (UK) - May 2022

Music: Cut Me Loose - The Shires : (iTunes)



Count in:- 16 counts from start of track – approx 9 seconds in

## Walk, Walk, Step Lock Step, Step, ½ Pivot, Shuffle

- 1-2 Step right forward, Step left forward  
3&4 Step right forward, Lock left behind right, Step forward on right  
5-6 Step forward on left, ½ turn right onto right  
7&8 Step forward on left, Close right at side, Step forward on left

\*\*\* Tag here during wall 3 see note at bottom of script \*\*\*

## Walk, Walk, Step Lock Step, Rock, Recover, ¼ Turn. Brush

- 1-2 Step right forward, Step left forward  
3&4 Step right forward, Lock left behind right, Step forward on right  
5-6 Rock forward on left, Recover onto right  
7-8 ¼ turn left onto left, Brush right

## Jazz Cross, Rock, Recover, Cross, Side

- 1-2 Cross right over left, Step back on left  
3-4 Step right to side, Cross left over right  
5-6 Rock out on right, Recover onto left  
7-8 Cross right over left, Step left to left side

## Behind, ¼, Step ½, Diagonal Step Drag Tap, Step Drag Tap

- 1-2 Cross right behind, ¼ turn left onto left  
3-4 Step forward on right, ½ pivot onto left  
5-6 Step right to right diagonal, Slide left and tap left at side  
7-8 Step left to left diagonal, Slide right and tap right at side

## Rocking Chair, Chasse, Rock, Recover

- 1-2 Rock forward on right, Recover onto left  
3-4 Rock back on right, Recover onto left  
5&6 Step right to side, Close left at side, Step right to side  
7-8 Rock back on left, Recover onto right

## Kick, Ball, Cross, Kick, Ball, Cross, Chasse, Rock, Recover

- 1&2 Kick left forward, Step on left, Cross right over left  
3&4 Kick left forward, Step on left, Cross right over left  
5&6 Step left to side, Close right at side, Step left to side  
7-8 Rock back on right, Recover onto left

## Rock, Recover, Shuffle ½, Rock, Recover, Coaster Step

- 1-2 Rock forward on right, Recover onto left  
3&4 ¼ turn right stepping on right, Close left at side, ¼ turn right stepping forward on right  
5-6 Rock forward on left, Recover onto right  
7&8 Step back on left, Step right at side, Step forward on left

## Rock, Recover, Triple ¾, Rock, Recover, Step, Tap

- 1-2 Rock forward on right, Recover onto left  
3&4 ½ turn right onto right, Close left at side, ¼ right stepping forward right

5-6 Rock forward on left, Recover onto right  
7-8 Step back left, Tap right at side of left

**TAG: During Wall 3 after 8 counts add the following 8 count tag facing 12 o'clock, then re start the dance**

1-4 Rock forward on right, Recover onto left, Rock back on right, Recover onto left  
5-8 Step forward right,  $\frac{1}{2}$  pivot turn onto left, Step forward right,  $\frac{1}{2}$  pivot turn onto left

**Last Update: 20 May 2022**

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