

Footloose (Simplified Version)

COPPER KNOB
STEPPERS

拍数: 120 墙数: 1 级数: Phrased High Intermediate
编舞者: KH Loh (MY) - February 2016
音乐: Footloose - Blake Shelton : (CD: Footloose - The Motion Picture - Deluxe Edition)



Sequence of Dance: A64, A32, A64, Tag1, A56, A32, A64, Tag2, B56, A64, A52, End36

Intro : 48c

PART A (64 counts)

A 1 □

1 2	Cross Touch R over L, Recover
3 4	Cross Touch L over R, Recover
5 6	Cross Touch R over L, Recover
7 8	Cross Touch L over R, Recover

A 2 □

1 2	Kick R Fwd, Recover
3 4	Kick L Fwd, Recover
5 6	Kick R Fwd, Recover
7 8	Kick L Fwd, Recover

A 3 □

1 2	Twist Body L R
3 4	-- as above --
1 2	-- as above --
3 4	-- as above --

A 4 □

1 2	Bend both knee Inward, both knee Outward
3 4	-- as above --
5 6	-- as above --
7 8	-- as above --

A 5

1 2	Step L $\frac{1}{4}$ turn R, Hold L (weight on left)
3 4	Recover on R, Hold (weight on right)
5 6	Raise L hand straight up, put hand down & clap R hand with R knee slightly bend
7 8	-- as above --

A 6 □

1 2	Raise L hand straight up, put hand down & clap R hand with R knee slightly bend
3 4	-- as above --
5 6	-- as above --
7 8	-- as above --

A 7 □

1 2	Step R to R, Step L next to R
3 4	Step R to R, Touch L next to R
5 6	Step L $\frac{1}{2}$ turn L, Step R next to L
7 8	Step L to L, Touch R next to L

A 8

1 2	Step R to R, Step L next to R
3 4	Step R to R, Touch L next to R
5 6	Step L ½ turn R, Step R next to L
7 8	Step L to L, Touch R next to L

PART B (56 counts)

B 1□

1 2	Step R Fwd, Step L next to R
3 4	Step R in place, Step L next to R
5 6	-- as above --
7 8	-- as above --

B 2□

1 2	Step R to R, Step L to L
3 4	Step R in place, Step L next to R
5 6	-- as above --
7 8	-- as above --

B 3

1 8	Mirror B1
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B 4□

1 8	Bounce both leg with moderate speed
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B 5□

1 8	Bounce both leg with faster speed
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B 6□

1 8	Bounce both leg with more faster speed
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B 7□

1 4	Bounce both leg with most fastest speed
5	Stomp both leg
6 8	Hold for 3 counts

Tag 1 – 12c (End of Wall 3)

Sec t1□

1 2	Step L to L, Touch R foot in front of L with L hand
3 4	Touch R to R, Touch R foot behind L with L hand
5 6	Step R to R, Touch L foot in front of R with R hand
7 8	Touch L to L, Touch L foot behind R with R hand

Sec t2

1 2	Step L to L, Bend both knee In
3 4	Bend both knee Out, Bend both knee In

Tag 2 – 28c (End of Wall 6)

Sec T1□

1 2	Jump both leg to R, Jump both leg to L (slightly moving forward)
3 4	Jump both leg to R, Hold (slightly moving forward)
5 6	Jump both leg to L, Hold (slightly moving forward)
7 8	Jump both leg to R, Hold (slightly moving forward)

Sec T2□

1 2	Jump both leg to L, Jump both leg to R (slightly moving forward)
3 4	Jump both leg to L, Hold (slightly moving forward)

5 6 Jump both leg to R, Hold (slightly moving backward)
7 8 Jump both leg to L, Hold (slightly moving backward)

Sec T3

1 2 Jump both leg to R, Jump both leg to L (slightly moving backward)
3 4 Jump both leg to R, Hold (slightly moving backward)
5 6 Jump both leg to L, Hold (slightly moving backward)
7 8 Jump both leg to R, Hold (slightly moving backward)

Sec T4□

1 2 Jump both leg to L, Jump both leg to
3 4 Jump both leg to L, Hold

Ending:-

Sec E1□

1 2 Side R, Touch L next to R
3 4 Side L, Touch R next to L
5 6 Side R, Touch L next to R
7 8 Side L, Touch R next to L

Sec E2□

1 8 Mirror Sec 1

Sec E3□

1 8 Mirror Sec 1

Sec E4□

1 2 Step R to R
3 4 Step L Fwd, put L hand Fwd, Raise R hand moving in circular motion from back to front)
5 6 continue R hand moving in circular motion from back to front
7 8 continue R hand moving in circular motion from back to front

Sec E5□

1 2 Bend L knee Fwd, maintain putting L hand Fwd
3 4 Bend R knee down, pull R hand backward

Note: This is a very interesting dance. The description on this step sheet may not exactly express the actual steps on this video. It is merely for reference Only.

The exact steps and motions on this video is the final.

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