

Footloose

COPPER KNOB
STEPPERS

拍數: 82 牆數: 2 級數: Intermediate / Advanced
編舞者: Redback Bootscootin Dance Company (AUS)
音樂: Footloose - T J Dennis & The Wham Bam Thank You Band



Start dance 16 beats before vocals start (9th set of 8 from beginning)

KNEE ROLLS RIGHT, LEFT, RIGHT, LEFT, JUMP LANDING RIGHT, LEFT

- 1-2 Roll right knee in circle to the right taking two counts
- 3-4 Roll left knee in counter circle to the right taking two counts
- 5-6 Roll right knee to the right, roll left knee counter to the right
- 7-8 Jump both feet up right first, then left- landing right then left

HEEL TAP AT 45, SLAP RIGHT BEHIND, HEEL TAP AT 45, SLAP RIGHT TO SIDE, VINE RIGHT WITH ¼ TURN LEFT

- 1-2 Right heel tap at 45 degrees right, raise right behind and slap with left hand
- 3-4 Right heel tap at 45 degrees right, swing right to right side and slap with right hand
- 5-6 Step right to right side, cross/step left behind right
- 7-8 Step right to right side turning a ¼ left, left heel tap at 45 degrees left & clap

HIP BUMPS FORWARD, BACK, FORWARD, FORWARD, BACK, FORWARD, BACK, BACK

- 1-4 With feet apart as in step 16- bump hips forward, back, forward & forward
- 5-8 Bump hips back, forward, back & back

HEEL STRUTS LEFT, RIGHT, LEFT WITH DOUBLE RIGHT STOMP (UP)

- 1-2 Touch heel of left forward, slap ball of left down so full foot is on floor
- 3-4 Touch heel of right forward, slap ball of right down so full foot is on floor
- 5-6 Touch heel of left forward, slap ball of left down so full foot is on floor
- 7-8 Stomp right twice (end weight on left) with two claps

KICK RIGHT FORWARD (TWICE), ROCK BACK ON RIGHT, ROCK BACK ON LEFT

- 1-2 Kick right forward twice
- 3-4 Step/rock backward onto right, step/rock forward onto left in place

RIGHT JAZZ BOX WITH ¼ TURN RIGHT, RIGHT JAZZ BOX

- 1-2 Cross/step right over left, step left back
- 3-4 Step right to side turning ¼ to right, step left next to right
- 5-6 Cross/step right over left, step left back
- 7-8 Step right back and to right side, touch left next to right

LEFT FORWARD, ¼ TURN RIGHT, JUMP AND SLAP THIGHS

- 1-2 Step left straight forward, pivot on balls of feet turning ¼ right, (weight to both feet)
- 3-4 Jump up landing with feet apart and knees bent, slap both thighs with hands

RIGHT TOE THEN HEEL TOUCH (SUGARFOOT), TRAVELING TOE/ HEEL TAPS

- 1-2 Point/touch right toe in toward left instep (right knee points in, right heel off floor), hold
- 3-4 Reverse the above touching right heel in and pointing toe up & out, hold
- 5 Point/tap right toe in-left heel swivels toward right
- 6 Reverse and tap right heel in-right toes swivel toward right
- 7 Point/tap right toe in-left heel swivels toward right
- 8 Reverse and tap right heel in-right toes swivel toward right

DIPPING HIP BUMP RIGHT, CLAP, LEFT TOE THEN HEEL TOUCH

- 1 Place right fully on floor and bend knees
- 2 Push right hips toward right beginning to straighten knees and turning on balls of both feet toward left side
- 3 Finish right hip bump with weight on right and straightened knees
- 4 Clap hands (body will be angled toward original wall)
- 5-6 Turning to face right wall-point/touch left toe in toward left instep (left knee turns in, left heel off floor), hold
- 7-8 Reverse the above touching left heel in and right toe up & out, hold

DIPPING HIP BUMP LEFT, CLAP (REVERSE SIDE)

- 1-4 With feet apart as in step 68- bump hips forward, back, twice forward
- 5-6 Bump hips back, forward, back twice (finish weight on left)

HIP BUMPS FORWARD, BACK, FORWARD & FORWARD, THEN BACK, FORWARD, BACK & BACK

- 1-2 Step onto right, turn $\frac{1}{4}$ right and step onto left (feet shoulder width apart)
- 3-4 Rock weight to right still in place from step 77, step left next to right

RIGHT HEEL TAP, SLAP RIGHT BEHIND, RIGHT TOE TOUCH, HEEL DOWN (REPEAT ON LEFT)

- 1-2 Right heel tap at 45 degrees, raise right behind and slap with left hand
- 3-4 Touch ball of right down (about 8-10" from left), set right heel down & clap
- 5-6 Left heel tap at 45 degrees, raise left behind and slap with right hand
- 7-8 Touch ball of left down (about 8-10" from right), set left heel down and clap

REPEAT
