

Cut Loose

50 Count, 2 Wall, Intermediate/Advanced
Choreographer: Helen J Spaven (UK) Sept 2008
Choreographed to: Footloose by Kenny Loggins,
CD: Footloose Soundtrack

Start 29 counts after the first major beat kicks in.

1. 4 applejacks

- &1 Take weight on right toe and left heel, swivel right heel and left toe to left (&).
Return both feet to place (1).
&2 Take weight on left toe and right heel, swivel left heel and right toe to right (&).
Return both feet to place (2).
&3 &4 Repeat steps &1 &2.

2. Right side behind side scuff, left side behind side scuff.

- 5-8 Step right foot to right side (5), step left foot behind right (6),
step right foot to right side (7), scuff left foot forward.
9-12 Step left foot to left side (9), step right foot behind left (10),
step left foot to left side (11), scuff right foot forward (12).

3. Right scuff, left scuff, right scuff, left scuff.

- 13-14 Step right foot forward. Scuff left foot forward.
15-16 Step left foot forward. Scuff right foot forward.
17-18 Step right foot forward. Scuff left foot forward.
19-20 Step left foot forward. Scuff right forward.

4. Out cross hold, out cross hold.

- 20 & 21 Jump feet apart (20). Jump crossing right foot in front of left and left foot behind right (&).
Jump feet apart (21).
22 & 23 Jump feet apart (22). Jump crossing left foot in front of right and right foot behind left (&).
Jump feet apart (23).

5. Right shuffle, left shuffle.

- 24 & 25 Step right foot forward (24). Slide left foot up to right putting weight onto left foot (&).
Step right foot forward (25).
26 & 27 Step left foot forward (26). Slide right foot up to left putting weight onto right foot (&).
Step left foot forward (27).

6. Step flick back hook.

- 28-29** Step right foot forward. Flick left foot behind right and slap left ankle behind with right hand.
30-31 Step left foot back. Hook right leg in front of left and slap right ankle in front with left hand.

7. Side in front side flick. In front flick flick cross unwind. Stomp stomp.

- 32-35 Touch right foot to the side (32). Touch right foot in front of left (33). Touch right foot to side (34).
Flick right foot to side slapping right side of ankle with right hand (35).
36-40 Touch right foot in front of left (36). Hitch right leg up and slap left side of ankle with left hand (37).
Slap right side of ankle with right hand (38). Step right foot down and cross in front of left foot (39).
Unwind half turn over left shoulder (40).
41-42 Stomp right foot. Stomp left foot.

8. Right kick and point. Left kick and point. Right kick and point. Scuff step.

- 43-44 Kick right foot forward. Bring right foot back into place and point left toe to left side.
45-46 Kick left foot forward. Bring left foot back into place and point right toe to right side.
47-48 Kick right foot forward. Bring right foot back into place and point left toe to left side.
49-50 Scuff left foot. Step left foot next to right.