



BroncoBeat

## **FOOTLOOSE**

Choreographed by: Redback Bootscootin' Dance Co. (Aus) 1999  
Music: Footloose by T J Dennis & the Wham Bam Thank You Band  
Descriptions: 88 Count - 4 wall line dance - Beginner/Intermediate level

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

### **[1-8] KNEE ROLLS RIGHT, LEFT, RIGHT, LEFT, JUMP LANDING RIGHT, LEFT**

1-2 Roll right knee in to the right circle taking two counts  
3-4 Roll left knee in counter to the right circle 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

### **[9-16] HEEL TAP AT 45, SLAP RIGHT BEHIND, HEEL TAP AT 45, SLAP RIGHT TO SIDE, VINE RIGHT WITH 1/4 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 1/4 left, left heel tap at 45 degrees left & clap

### **[17-24] 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

### **[25-32] 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

### **[33-36] KICK RIGHT FORWARD (X2), 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

### **[37-44] RIGHT JAZZ BOX WITH 1/4 TURN RIGHT, RIGHT JAZZ BOX**

1-2 Cross/step right over left, step left back  
3-4 Step right to side turning 1/4 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

### **[45-48] LEFT FORWARD, 1/4 TURN RIGHT, JUMP AND SLAP THIGHS**

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



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**[49-56]RIGHT TOE THEN HEEL TOUCH (SUGAR FOOT), 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

**[57-64]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

**[65-68]DIPPING HIP BUMP LEFT, CLAP (REVERSE SIDE)**

Counts 1-4 are a mirror repeat of counts 57-60.

- 1 Place left fully on floor and bend knees
- 2 Push left hips toward left beginning to straighten knees and turning on balls of both feet toward right side
- 3 Finish left hip bump with weight on left and straightened knees
- 4 Clap hands (body will be angled toward original wall)[69-76]

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

- 1-4 With feet apart as in step 68- bump hips forward, back, twice forward
- 5-8 Bump hips back, forward, back twice (finish weight on left)

**[77-80]HIP BUMPS FORWARD, BACK, FORWARD & FORWARD, THEN BACK,  
FORWARD, BACK & BACK**

- 1-2 Step onto right, turn 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

**[81-88]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**

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