



FOOTLOOSE

A 2-wall, phrased line dance
Choreographed by Robert Royston
Music: Footloose, by Blake Shelton,
from Footloose (Music from the
Motion Picture (2011))

Part A

Forward heel Struts, step forward, double hip bump forward

Left step heel forward (1), left step onto ball of foot (2), right step heel forward (3),
right step onto ball of foot (4), left step heel forward (5), left step onto ball of foot (6),
right step forward (7), bump hips twice forward, leading with right hip (8, 1)

Hold, reverse toe struts, step back, double hip bump back

Hold (2), left step back onto ball of foot (3), left step down onto heel (4),
right step ball of foot across left (5), right step down onto heel (6), left foot
step back (7), bump hips twice back, leading with the left hip (8, 1)

Hold, forward heel struts, step forward, double hip bump forward

Hold (2), right step heel forward (3), right step onto ball of foot (4), left step
heel forward (5), left step onto ball of foot (6), right step forward (7), bump
hips twice forward, leading with right hip (8, 1)

Hold, two slow ½ turns left, step back, hold

Hold (2), ½ turn over left shoulder onto left foot (3), small hitch with right as
you continue to rotate in same direction (4), ½ turn over left shoulder, back
onto right foot (5), small hitch with left as you continue to rotate in same
direction (6), step back onto left (7), hold (8)

Right and left grapevines x 2

Right step to right side (1), left step behind right (2), right step to right side
(3), left touch next to right (4), Left step to left side (5), right step behind left
(6), left step to left side (7), right touch next to left (8)

Repeat these same 8 counts of steps (in total you'll do vine right, left, right,
left, over 16 counts)

¼ turning right step touches x 4 to make a full turn

Right step ¼ right (1), left touch next to right (2), left step ¼ turn right (3),
right touch next to left (4),
right step ¼ right (5), left touch next to right (6), left step ¼ turn right (7),
right touch next to left (8)

REPEAT right and left grapevines (x2), and repeat ¼ turning right step
touches (x4)

NOTE:

For 1st sequence/wall, you will do 16 counts of step touches, making two
full turns after each set of grapevines.

For 2nd sequence you will only do 8 counts of step touches, making one full
turn after the first set of grapevines, then after the second set of grapevines
do 16 counts of step touches or 1 full turn of step touches and 8 counts of
side-together touches.

For the 3rd sequence/wall you will only do one full set of grapevines (right,
left, right, left), with and 8 count of step touches (1 full turn), before start-
ing Part B)



Part B

“Carlton” or 80's club styling, heel kicks

(with little hops in between); right heel forward (1), return right next to left (2), left heel forward (3), return left next to right (4), right heel forward (5), return right next to left (6), left heel forward (7), return left next to right (8)

Heel toe traveling swivels, right slide, hold, touch left, hold

(with little hops in between, and traveling to the right); right heel out to right side (1), right toe in (2), right heel out to right side (3), right toe in (4), big step to right side onto right (5), hold (6), left touch next to right (7), hold (8)

Big step to left, extra hold, step together, extra hold

Left big reaching step to left side (1), hold (2, 3, 4), right step next to left (5), hold (6, 7, 8)

Crazy knees (boys), Wiggle (women)

Crazy knees: with knees bent, take small steps in place as you move your knees in and out.

left (1), right (2), left (3), right (4), left (5), right (6), left (7), right (8)

Wiggle: with feet together and knees bent, wiggle hips left and right, hands in front then behind

wiggle, hands in front (1, 2), wiggle, hands behind (3, 4),

wiggle, hands in front (5, 6), wiggle, hands behind (7, 8)

“Ride ‘em” jumps forward and back with holds

Left step forward (slightly out left) (&), right step forward (slightly out right) (1), hold (2, 3),

step back left (&), step back right (4), step back left (&), step back right (5), hold (6, 7, 8)

Slow ½ turn left with left and right step touches

Left step 1/8 turn left (1), right touch next to left (2), right step 1/8 turn left (3),

left touch next to right (4), left step 1/8 turn left (5), right touch next to left (6),

right step 1/8 turn left (7), left touch next to right

“Ride ‘em” jumps forward and back with holds

Left step forward (slightly out left) (&), right step forward (slightly out right) (1), hold (2, 3),

step back left (&), step back right (4), step back left (&), step back right (5), hold (6, 7, 8)

for the 1st sequence/wall, Freestyle for 20 counts before starting the dance again from the beginning

for the 2nd sequence/wall, Freestyle for 36 counts before starting the dance again from the beginning

for the 3rd sequence/wall, instead of freestyle, wait 4 beats then repeat Part B

and after this last Part B, Freestyle until the end

Visit www.danceyall.com to view videos of this dance and a walk through of the steps