



Dance: **Cut Loose**  
 Type: 64 Count, 4 Wall, Improver  
 Choreographer: Tina Argyle (UK), May 2022  
 Choreographed to: Cut Me Loose by The Shires (127 bpm, 3:20 min)

Intro: Start after count 16

<b>Section 1</b>	<b>Walk x 2, Step Lock Step, Step Pivot 1/2, Left Shuffle</b>	
1,2	Walk forward stepping right, left	Walk, walk
3&4	Step right forward. Lock left behind right. Step right forward	Step, lock, step
5,6	Step left forward. Pivot 1/2 turn right (6:00)	Step, pivot
7&8#*	Step left forward. Step right beside left. Step left forward	Left shuffle
<b>Section 2</b>	<b>Walk x 2, Step Lock Step, Mambo 1/4, Brush</b>	
1,2	Walk forward stepping right, left	Walk, walk
3&4	Step right forward. Lock left behind right. Step right forward	Step, lock, step
5,6	Rock forward on left. Recover on right. Turn 1/4 left stepping left to left side (3:00)	Mambo turn
7,8	Brush right	Brush
<b>Section 3</b>	<b>Jazz Box Cross, Side Rock, Weave Left</b>	
1-4	Cross right over left. Step left back. Step right to right side. Cross left over right	Cross, back, side, cross
5,6	Rock to side on right. Recover on left	Side rock
7,8,1	Cross right over left. Step left to left side. Cross right behind left	Cross, side, behind
<b>Section 4</b>	<b>1/4 Turn, Step Pivot 1/2, (Step, Drag) x 2</b>	
2	Step left 1/4 turn left (12:00)	Turn
3,4	Step right forward. Pivot 1/2 turn left (6:00)	Step, pivot
	<i>Non-turning steps 2-4: 1/4 Turn, Back Rock</i>	
2-4	<i>Turn 1/4 right stepping left back (6:00). Rock back on right. Recover on left</i>	<i>Turn, back rock</i>
5,6	Step right forward on diagonal (7:30). Drag left beside right and tap	Step, drag
7,8	Step left forward on diagonal (4:30). Drag right beside left and tap	Step, drag
<b>Section 5</b>	<b>Rocking Chair, Chasse Right, Back Rock</b>	
1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5&6	Step right to right side. Step left beside right. Step right to right side	Right chasse
7,8	Rock back on left. Recover on right	Back rock
<b>Section 6</b>	<b>Kick-Ball Cross x 2, Chasse Left, Reverse Rocking Chair</b>	
1&2	Kick left forward. Step ball of left beside right. Cross right over left	Kick-ball cross
3&4	Kick left forward. Step ball of left beside right. Cross right over left	Kick-ball cross
5&6	Step left to left side. Step right beside left. Step left to left side	Left chasse
7,8,1,2	Rock back on right. Recover on left. Rock forward on right. Recover on left	Back rock
<b>Section 7</b>	<b>1/2 Shuffle, Forward Rock, Coaster Step</b>	
3&4	Turn 1/4 right stepping right to right side. Step left beside right. Step right 1/4 turn right (12:00)	Half shuffle
5,6	Rock forward on left. Recover on right	Forward rock
7&8	Step left back. Step right beside left. Step left forward	Coaster step
<b>Section 8</b>	<b>Forward Rock, 3/4 Shuffle, Forward Rock, Back, Tap</b>	
1,2	Rock forward on right. Recover on left	Forward rock
3&	Turn 1/2 right stepping right forward (6:00). Step left beside right	Turn shuffle
4	Turn 1/4 right stepping right forward (9:00)	
	<i>Non-turning steps 3&amp;4: 1/4 Shuffle</i>	
3&4	<i>Step right back. Turn 1/4 left stepping left beside right (9:00). Step right forward</i>	<i>Turn shuffle</i>
5-8	Rock forward on left. Recover on right. Step left back. Tap right beside left	Forward rock, back, tap
<b>Tag</b>	<b># Wall 3 (6:00) after 8 Counts (facing 12:00)</b>	
	<b>Rocking Chair, Step Pivot 1/2 x 2</b>	
1-4	Rock forward on right. Recover on left. Rock back on right. Recover on left	Rocking chair
5-8	Step right forward. Pivot 1/2 turn left (6:00). Step right forward. Pivot 1/2 turn left (12:00)	Step, pivot, step, pivot
	<i>Non-turning steps 5-8: Rocking Chair</i>	
5-8	<i>Rock forward on right. Recover on left. Rock back on right. Recover on left</i>	<i>Rocking chair</i>
<b>Restart</b>	<b>* Wall 3 after Tag</b>	