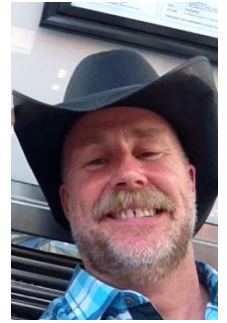




Loose Heel



48 count, 4 wall INTERMEDIATE (Waltz) Line Dance

Song: 'Lucille' by Kenny Rogers (3:41)

Choreography by John Bishop, Melbourne, Australia (September 2025)

Wait 24 counts to start on vocals.

- 1 – 12: STEP FORWARD, SLOW KICK, BACK, ½ LEFT TURN; REPEAT**
- 1,2,3,4 Step L fwd, kick R fwd for 2 counts, step R back *starting* ½ left turn
5,6 Step L fwd *completing* the turn, step R fwd [** restart on wall 6*] [6:00]
1,2,3,4 Step L fwd, kick R fwd for 2 counts, step R back *starting* ½ left turn
5,6 Step L fwd *completing* the turn, step R fwd [12:00]
- 13 - 24: FORWARD, SWEEP ¼ TURN, WEAVE, SIDE, DRAG FOR 2, SIDE, DRAG FOR 2**
- 1,2,3 Step L fwd, sweep R around for 2 counts turning ¼ left on L [9:00]
4,5,6 Cross/step R over L, step L to side, cross/step R behind L (*+ loose heel on walls 5, 9, 10*)
1,2,3 Step L to side, drag R towards L for 2 counts
4,5,6 Step R to side, drag L towards R for 2 counts
- 25 – 36: BASIC ½ LEFT, BACK, SIDE, TOGETHER; FWD, SWEEP FOR 2, FWD, SWEEP FOR 2**
- 1,2,3 Step L fwd *starting* ½ left turn, step R back *completing* the turn, step L next to R
4,5,6 Step R back, step L to side, step R next to L [3:00]
1,2,3 Step L fwd, sweep R around from back to front (anti-clockwise) for 2 counts
4,5,6 Step R fwd, sweep L around from back to front (clockwise) for 2 counts
- 37 – 48: CROSS, ½ TURN, FWD, SLOW FLICK BACK; DIAG LOCK STEPS: LEFT THEN RIGHT**
- 1,2,3 Cross/step L over R, step R back turning ¼ left, turn ¼ left and step L to side
4,5,6 Step R fwd, raise L foot back (bending L knee) for 2 counts [9:00]
1,2,3 Step L fwd at 45°L, lock/step R behind L, step L fwd at 45°L
4,5,6 Step R fwd at 45°R, lock/step L behind R, step R fwd at 45°R

At the end of wall 2 (6:00) and + after count 18 on wall 5 (9:00), wall 9 (6:00) and wall 10 (3:00), do a 3 count tag: ('LOOSE HEEL') and continue with the dance (from count 19 on walls 5, 9 and 10)

1,2,3 + *Keeping weight on R*: touch L to side bouncing L heel 3 times (keep L foot free)

At the end of wall 4 (12:00), wall 5 (9:00), wall 8 (9:00) and wall 9 (6:00) - do a 6 count tag:

1,2,3 Step L fwd, touch/point R to side, hold

4,5,6 Step R back, touch/point L to side, hold

* On wall 6 RESTART after first 6 counts of the dance to 3:00

LAST WALL is wall 10 (starts facing 6:00). To end the dance, dance up to and including count 38. On count 39 turn ½ left to face front. Count 40 step R to side. Counts 41 and 42 drag ball of L towards R for 2 counts. Count 43 (on the word 'heel') bring L beside R and drop L heel popping R knee fwd