

# Cut Off

Choreographer: Sonja Dittli CH ( Juni 2008 )  
 Level: Intermediate  
 Type: 2 Wall, 48 Counts, West Coast Swing  
 Music: Cut Off My Right Arm by Philipp Fankhauser BPM 112 (available on itunes)  
 Remarks: If you dance to the original music, you may start on count 45 of the intro with the last 4 counts (45-48) of the dance. The whole intro is 48 counts. Listen to the music you'll hear it.

- 1-8 Walk, Walk, Step Full Turn, Weave Extended**  
 1,2, LF step forward, RF step forward  
 3&4 LF step forward.  $\frac{1}{2}$  turn right forward on RF,  $\frac{1}{2}$  turn right back on LF into a sweep with RF  
 5&6&7&8 RF behind, LF side, RF cross, LF side, RF behind, LF side, RF cross
- 9-16 Rock Step Forward, Behind Side Forward, Step  $\frac{1}{4}$  Turn, Step  $\frac{1}{4}$  Turn**  
 1,2 LF rock diagonal forward , recover weight on RF  
 3&4 LF behind, RF side, LF Step Forward  
 5,6 RF step forward (5rd position),  $\frac{1}{4}$  turn left  
 7,8 RF step forward (5rd position),  $\frac{1}{4}$  turn left (6:00)
- 17-24 Walk, Walk, Rock Step Turn  $\frac{1}{2}$ , Triple Turn  $\frac{1}{2}$ , Touch Turn  $\frac{1}{2}$**   
 1,2, RF step forward, LF step forward  
 3&4 RF rock forward, recover LF  $\frac{1}{2}$  turn right, RF step forward  
 5&6 LF step forward,  $\frac{1}{2}$  turn right RF cross over LF, LF step back  
 7,8 RF touch toe back, RF  $\frac{1}{2}$  turn right (12:00)
- 25-32 Spiral Full Turn, Shuffle Forward, Rock Step, Back Touch 2x**  
 1,2 LF step forward, start full turn right, ( RF release, no weight )  
 3&4 RF step forward, LF next to RF, RF step forward  
 5,6 LF step forward, recover on RF  
 &7,&8 LF step back, RF touch in front, RF step back, LF touch in front
- 33-40 Kick & Press Rock, Put Down, Kick, Sailor Cross  $\frac{1}{2}$ , Mambo Left**  
 1&2 LF kick, change weight on LF, RF press rock step (1/8 diagonal on ball)  
 3,4 RF put the heel down, RF kick in front ( diagonal )  
 5&6 RF step behind, LF  $\frac{1}{2}$  turn right, RF cross in front  
 7&8 LF rock to the side, recover, LF step next to RF (together)
- 41-48 Slide Ball Step, Slide Ball Step, Side Step, Syncopated Sailor Steps**  
 1&2 RF slide in front, RF step next to left, LF step slightly forward  
 3&4 RF slide in front, RF step next to left, LF step slightly forward  
 5 RF step to side (Remark: from here start the 4 counts you may also use as intro)  
 6&7&8& LF behind, RF next to LF, LF side, RF behind, LF next to RF, RF slightly right (6:00)
- Variation: If you dance to another west coast song, change the last 4 counts in:  
 5,6, RF walk forward, LF walk forward  
 7&8 Sailor  $\frac{1}{2}$  Turn right

start again and smile..... happy dancing!

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