

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. ½ turn right forward on RF, ½ 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 ¼ Turn, Step ¼ 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), ¼ turn left
 7,8 RF step forward (5rd position), ¼ turn left (6:00)

17-24 Walk, Walk, Rock Step Turn ½, Triple Turn ½, Touch Turn ½,

1,2, RF step forward, LF step forward
 3&4 RF rock forward, recover LF ½ turn right, RF step forward
 5&6 LF step forward, ½ turn right RF cross over LF, LF step back
 7,8 RF touch toe back, RF ½ 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 ½, 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 ½ 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 ½ Turn right

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

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