

# Freestyle

Count: 24

Wand: 4

Ebene: Improver

Choreograf/in: Jill Weiss (USA) - November 2014

Musik: Freestyle - Lady A



**Intro: 16 counts after the words "Are we gonna do this thing...come on!"**

## **WALK FORWARD, ROCK R FORWARD, ROCK R SIDE, REPEAT**

1-2 Walk forward R, L

3&4& Rock forward on right, recover left, rock to right side, recover left

5-6-7&8& Repeat 1-4 (12:00)

**(Style note: rocks are more of a push, keep weight on left foot)**

## **BEHIND, SIDE, CROSS ROCK, RECOVER, SHUFFLE ¼ RIGHT, FULL TURN R, SYNC ROCKING CHAIR**

1&2& Step right behind left, step left to left side, cross rock right in front of left, recover to left

3&4 Shuffle R-L-R, turning ¼ turn to right (3:00)

5-6 Turn ½ right stepping back on L turn ½ right stepping forward on R (3:00)

**(Easier option: walk forward L, R)**

7&8& Rock forward on left, recover right, rock back on left, recover right

## **ROCK, RECOVER, SHUFFLE ½ TURN LEFT, PIVOT TURNS**

1-2-3&4 Rock left forward, recover to right, shuffle L,R,L turning ½ turn left (9:00)

5-6-7-8 Step forward on R, pivot ½ left (weight goes to left), step forward on R, pivot ½ left (weight goes to left) (9:00) (Easier option – 4 count rocking chair)

**Styling note: Raise your arms in the air on count 5 and 6 during last set of 8 on walls 2 and 5 when the lyrics say "throw your hands up high!"**

**No Tags Or Restarts**

**Thank you to Bruce for suggesting this track!**

**Last Update – 28th Dec 2014**

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