

Be Free

Count: 32

Wand: 4

Ebene: Beginner ECS

Choreograf/in: Maria Maag (DK) - August 2017

Musik: I Wish I Knew How It Would Feel to Be Free - John Legend & The Roots :
(Album: Wake Up)



Intro: 64 counts from first beat in music (29 secs. into track)

[1 – 8] Toe strut fw. R, side rock cross L, chasse R, back rock recover R

- 1-2 Touch R toe fw. (1), step down R (2) 12:00
- 3&4 Rock L to L (3), recover R (&), cross L over R (4) 12:00
- 5&6 Step R to R (5), step L next to R (&), step R to R (6) 12:00
- 7-8 Rock back L (7), recover R (8) 12:00

[9 – 16] Vine chasse ¼ L, rock fw. R, shuffle ½ R

- 1-2 Step L to L (1), cross R behind L (2) 12:00
- 3&4 Step L to L (3), step R next to L (&), turn ¼ L stepping down L (4) 09:00
- 5-6 Rock fw. R (5), recover L (6) 09:00
- 7&8 Turn ¼ R stepping R to R (7), step L next to R (&), turn ¼ R stepping down R (8) 03:00

[17 – 24] Rock fw. L, coaster step cross L, side rock R, behind side cross

- 1-2 Rock fw. L (1), recover R (2) 03:00
- 3&4 Step back L (3), step R next to L (&), cross L in front of R (4) 03:00
- 5-6 Rock R to R (5), recover L (6) 03:00
- 7&8 Cross R behind L (7), step L to L (&), cross R over L (8) 03:00

[25 – 32] Step L kick R, step R kick L, chasse L, back rock R

- 1-2 Step L to L (1), kick R in front of L (2) 03:00
- 3-4 Step R to R (3), kick L in front of R (4) 03:00
- 5&6 Step L to L (5), step R next to L (&), step L to L (6) 03:00
- 7-8 Rock back R (7), recover L (8) 03:00

Ending: Wall 9, after 28 counts (facing 3:00), turn ¼ L stepping down L (29) - The End

Have fun and enjoy...

Contact: Maria.maag.dk@gmail.com