

# Free Up

**Count:** 16

**Wand:** 4

**Ebene:** Absolute Beginner

**Choreograf/in:** Sara Bosch, Eva Talarn, Sílvia Diaz & Dolors Cañellas - October 2020

**Musik:** Crazy - Abe Mac



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## [1-4]: STEP FORWARD, TOUCH, STEP BACK TOUCH

- 1 Step forward on RF
- 2 Touch Left Toe behind right foot
- 3 Step back on LF
- 4 Touch Right Toe beside left foot

## [5-12]: ¼ TURN & MODIFIED RUMBA BOX

- 1 ¼ Turn right and Step RF to right side
- 2 Step LF beside right foot
- 3 Step forward on RF
- 4 Touch LF beside right foot
- 5 Step LF to left side
- 6 Step Rf beside left foot
- 7 Step forward on LF
- 8 Touch RF beside left foot

## [13-16]: STEP BACK, SLIDE, STOMP, HOLD

- 1 Step back on RF
- 2 Slide LF close to right foot
- 3 Stomp LF beside right
- 4 Hold

**START AGAIN**

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