

Freedom

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Ivan Rundgren (SWE) - September 2023

Musik: One Step Forward - Jackie Venson



INTRO: 16 C START ON WORD FREEDOM, 1 RESTART

SEC. 1 STEP – HOLD – BACK ROCK STEP – STEP – HOLD – BACK ROCK STEP

- 1 2 Step R to R side (1) hold (2)
- 3 4 Step L behind R (3) recover to R (4)
- 5 6 Step L to L side (5) hold (6)
- 7 8 Step R behind L (7) recover to L (8)

SEC. 2 TOE STRUT X 2 –LINDY R

- 1 2 Tap R toe diagonal fwd (1) drop R heel down (2)
- 3 4 Tap L toe diagonal fwd (3) drop L heel down (4)
- 5&6 Step R to R side (5) step L next to R (&) step R to R side (6)
- 7 8 Step L behind R (7) recover to R (8) ** Please restart here during wall 4 **

SEC. 3 STEP – HOLD – BACK ROCK STEP – STEP – HOOK 1/4 TURN L –STEP FWD – SCUFF

- 1 2 Step L toe L side (1) hold (2)
- 3 4 Step R behind L (3) recover to L (4)
- 5 6 Step R to R side (5) hook L over R while turning 1/4 turn L on R (6)
- 7 8 Step fwd L (7) scuff fwd R (8)

SEC. 4 R LOCK STEP FWD – SCUFF – ROCKING CHAIR

- 1 2 Step fwd R (1) lock L behind R (2)
- 3 4 Step fwd R (3) scuff fwd L (4)
- 5 6 Step fwd L (5) recover to R (6)
- 7 8 Step back on L (7) recover to R (8)

SEC. 5 STEP – PIVOT 1/2 TURN R – CROSS SHUFFLE – 1/4 TURN R – R COASTER STEP

- 1 2 Step fwd L (1) Pivot 1/2 turn R (2)
- 3&4 Cross L over R (3) step R to R side (&) cross L over R (4)
- 5 6 1/4 turn R stepping fwd R (5) recover to L (6) now facing 6:00
- 7&8 Step back on R (7) step L next to R (&) step fwd R (8)

SEC. 6 STEP FWD L – HOLD – STEP FWD R – HOLD – L SHUFFLE FWD – R POINT – HITCH

- 1 2 Step fwd L (1) hold (2)
- 3 4 Step fwd R (3) hold (4)
- 5&6 Step fwd L(5) step R next to L(&) step fwd L (6)
- 7 8 Point to R side (7) hook L (8) to finish front wall change to step, turn, step!

**** RESTART: AFTER 16 C OF WALL 4 YOU MAY CHANGE STEP TO L FOOT (&) THEN RESTART!**

Start over again!

Have fun & happy dancing, hugs from Sweden

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