

# Free Lunch

Count: 32

Wall: 4

Level: Beginner

Choreographer: Mary Frances Chua (MY) - May 2019

Music: Free Lunch - Mike Lane



**INTRO: 8-ct heavy beats**

**S1: R & L Side Rock Recover Forward Shuffle**

12 3&4      Rock R to side, recover L, fwd shuffle R-L-R  
56 7&8      Rock L to side, recover R, fwd shuffle L-R-L

**S2: Rocking Chair, semi-circle ½ R Turn 2x Shuffle**

1234      Fwd rock on R recover on L, back rock on R recover on L  
5&6 7&8      Semi-circle turning right, with slanting hand-spread, shuffle on RLR & LRL (6:00)

**S3: RL skate, R side shuffle, ¼ R Turn, LR skate, L side shuffle**

12 3&4      Skate R-L, side shuffle R-L-R  
56 7&8      ¼ turn right (9:00) skate L-R, side shuffle L-R-L

**S4: ¼ R Turn RL Step Flick, ¼ R Turn Jazz Box**

1234      ¼ R turn (12:00) R step L flick, L step R flick  
5678      Cross R over L, ¼ R turn (3:00) on L, R to side, L fwd

**TAG: 2 counts clapping twice**

End of Wall 2 (facing 6:00), Wall 4 (facing 12:00), Wall 6 (6:00), Wall 8 (12:00)

**END: After W8, do Section 1 and pose in style!**

**Credit to Mike Lane's "FREE LUNCH". Happy dancing!**

**Contacts:**

[maryfrances.ccrmmcc@gmail.com](mailto:maryfrances.ccrmmcc@gmail.com)

<https://maryfrancesbb88.wordpress.com/>