

Wild And Free

Count: 64

Wall: 2

Level:

Choreographer: Tracie Lee (AUS) & Peter Fry (AUS)

Music: Saturday Night - Jo Dee Messina



- 1-2 Step/rock left forward across, rock back onto right
3&4 Step in place left, right, left turning $\frac{3}{4}$ turn left
5-6 Step right to right side, step left behind right
&7-8 Step ball of right slightly back & to right side, step left across over right, touch right toe to right side
- 1-2 Step right beside left turning $\frac{1}{2}$ turn right, touch left toe to left side
&3&4 Step left beside right, touch right heel forward, step right beside left & touch left toe back
5&6 Kick left forward, step ball of left beside right, step right forward (kick ball step)
7&8 Kick left forward, step ball of left beside right, step right forward (kick ball step)
- 1-2 Kick left foot forward twice
&3 Step left beside right, step right forward
4 Pivot $\frac{1}{4}$ turn left taking weight to left foot
5-6 Rock forward onto right, rock back onto left
7&8 Turn $\frac{1}{2}$ turn right and shuffle forward right-left-right
- 1-2 Step left forward, lift right foot to touch right heel on left calf
&3&4 Step right back, touch left heel forward, step left beside right, step right forward (heel jack)
5-6 Rock forward on left, rock back on right
7&8 Turn $\frac{1}{2}$ turn left and shuffle forward left-right-left
- 1-2 Step right across over left, step back on left
&3-4 Step ball of right slightly back, step left across right, step right to right side
5-6 Rock back on left behind right, replace weight forward to right
7-8 Turn $\frac{1}{4}$ turn right and step left back, pivot on left $\frac{1}{2}$ turn right and step right forward
- 1-2 Rock forward on left, rock back on right
&3-4 Step left beside right, step right forward, pivot $\frac{1}{2}$ turn left taking weight to left foot
5-6 Rock forward on right, rock back onto left
&7-8 Step right beside left, step forward on left, scuff right beside left
- 1-2 Step right across over left, step back on left
&3-4 Step ball of right slightly back, step left across right, step right to right side
5-6 Rock back on left behind right, replace weight forward to right
7-8 Turn $\frac{1}{4}$ turn right and step left back, pivot on left $\frac{1}{2}$ turn right
& Step right forward
- 1-2 Rock forward on left, rock back onto right
&3-4 Step left beside right, step right forward, pivot $\frac{1}{2}$ turn left taking weight to left
5-8 Rock forward on right, rock back on left, turn $\frac{1}{2}$ turn right & step right forward, scuff left beside right

REPEAT

TAG

At the end of the second wall when facing the front

1-2 Touch left toe to left side, hold
&3-4 Step ball of left back, step right across left, touch left toe to left side
&5 Step ball of left back, step right across over left
6-8 Step left to left side rocking hips left, rock hips to right, rock hips to left

1-2 Touch right toe to right side, hold
&3-4 Step ball of right back, step left across right, touch right toe to right side
&5 Step ball of right back, step left across over right
6-8 Step right to right side rocking hips right, rock hips left, rock hips to right
