

Forever Free

Count: 32

Wall: 4

Level: Intermediate

Choreographer: Michael Lynn (UK)

Music: Forever Free - Una Gibney



SIDE, BACK ROCK, STEP, TWIST, TWIST WITH SWEEP, SIDE CROSS MAMBO

- 1-2& Step right to right side, rock left back, recover onto right
3-4 Step left forward, twist heels around making ½ turn right
5-6& Twist heels back to face the front, sweeping left foot behind right, step right to right side
7&8 Cross left over right, step right in place, step left to left side

SWAY, SWAY, 1 & ¼ TURN RIGHT, ROCK ½ TURN, STEP, ½ TURN, STEP

- 1-2 Sway right, sway left
Restart dance from beginning at this point on wall 7 (key change)
3&4 Turn ¼ right stepping forward on right, ½ right stepping back on left, ½ right stepping forward on right
5&6 Rock forward on left, recover back on right, turn ½ left stepping forward on left
7&8 Step forward right, ½ turn left, step forward onto right

LEFT ROCK RECOVER, BACK LEFT, RIGHT, CROSS BEHIND RIGHT, UNWIND, LEFT RONDE, CROSS BEHIND RIGHT, SIDE, CROSS ROCK RECOVER

- 1-2& Step left forward, rock weight back onto the right, step back left
3-4 Step back right, cross left behind right
Restart dance from beginning at this point on wall 3 (verse 2)
&5-6& Unwind full turn over left shoulder, keep weight on right, ronde sweeping left behind right, cross left behind right, step right to right side
7-8 Cross rock left over right, rock weight back onto right

¼ LEFT MONTEREYS, BEHIND, SIDE, CROSS, COASTER CROSS

- 1& Touch left to left side, on ball of right make ¼ turn left, stepping left beside right
2& Touch right to right side. Step right beside left
3& Touch left to left side, on ball of right make ¼ turn left, stepping left beside right
4 Touch right to right side, keeping weight on left
5&6 Cross right behind left, step left to left side, cross right over left
7&8 Step back left, step right next to left, cross left over right

REPEAT

This dance is dedicated to James & Judi, 2 special friends of mine

For some reason the actual track isn't included on the official soundtrack and was recorded from the Celtic Tiger DVD itself