

Free

Count: 0

Wall: 1

Level: Intermediate

Choreographer: John Sinclair (UK)

Music: (I Wish I Knew How It Would Feel to Be) Free / One - Lighthouse Family



Sequence: ABC, then B repeated to finish. If using an alternative track simply dance parts A and B together from start to finish

PART A

SLOW COASTER STEP, ¼ TURN RIGHT, SIDE ROCK, RECOVER, CROSSING SHUFFLE

- 1-4 Step back right, step back left, step right forward, step left to left side making ¼ turn right
- 5-6 Rock right to right side, back onto left
- 7&8 Cross right over left, left to left side, cross right over left

¼ TURN RIGHT, SLOW COASTER STEP, CROSS ROCK, RECOVER, CHASSE LEFT

- 9-12 Step left to left side making ¼ turn right, step back right, step back left, step right forward
- 13-14 Rock left over right, back onto right
- 15&16 Step left to left side, close right to left, step left to left side

REPETITION

- 17-32 Repeat steps 1-16

RIGHT PIVOT TURN, STEP, LEFT PIVOT TURN, STEP, RIGHT KICK-BALL-CHANGE

- 33-36 Step right forward, pivot ½ turn left, step right forward, step left forward
- 37-38 Pivot ½ turn right, step left forward
- 39&40 Kick right forward, close right to left, step left in place

RIGHT MAMBO CROSS, HOLD, LEFT MAMBO CROSS, HOLD

- 41-44 Rock right to right side, back onto left, cross right over left, hold
- 45-48 Rock left to left side, back onto right, cross left over right, hold

PART B

CROSS ROCK, ¼ TURN RIGHT, TRIPLE STEP IN PLACE, FORWARD ROCK, RECOVER, COASTER STEP

- 1-4 Rock right over left, back onto left making ¼ turn right, triple step right left right in place
- 5-6 Rock left forward, back onto right
- 7&8 Step left back, step right back, step left forward

REPETITION

- 9-16 Repeat steps 1-8

WEAVE LEFT ;SIDE, RECOVER, CROSS, SIDE, BEHIND, SIDE, ROCK FORWARD, BACK

- 17-20 Rock right to right side, back onto left, cross right over left, step left to left side
- 21-24 Cross right behind left, step left to left side, rock right over left, back onto left

WEAVE RIGHT ;SIDE, CROSS, SIDE, BEHIND, SIDE, CROSS, ROCK FORWARD, BACK

- 25-28 Step right to right side, cross left over right, step right to right side, cross left behind right
- 29-32 Step right to right side, cross left over right, rock right diagonally forward right, back onto left

RIGHT MAMBO CROSS, HOLD, LEFT MAMBO CROSS, HOLD

- 33-36 Rock right to right side, back onto left, cross right over left, hold
- 37-40 Rock left to left side, back onto right, cross left over right, hold

RIGHT PIVOT TURN, STEP, HOLD, REVERSE PIVOT TURN, COASTER STEP

- 41-44 Step right forward, pivot $\frac{1}{2}$ turn left, step right forward, hold
45-46 Step left forward, step back on right making $\frac{1}{2}$ turn left
47&48 Step left back, right back, left forward

RIGHT MAMBO CROSS, HOLD, SIDE ROCK, RECOVER, CROSSING SHUFFLE

- 49-52 Rock right to right side, back onto left, cross right over left, hold
53-54 Rock left to left side, back onto right
55&56 Cross left over right, right to right side, left over right

FORWARD ROCK, RECOVER, $\frac{1}{2}$ TURN RIGHT, FORWARD ROCK, RECOVER, COASTER STEP

- 57-60 Rock forward onto right, back onto left, triple step right left right making $\frac{1}{2}$ turn right
61-62 Rock forward onto left, back onto right
63&64 Step left back, right back, left forward

PART C

- 1-32 Repeat the first 32 counts of Part A
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