

# Free Up Ya Vibe

**COPPER** **NOB**  
STEPSHEETS

Count: 48

Wall: 2

Level: Intermediate

Choreographer: Tess & Tone

Music: Breathe (feat. Sean Paul) - Blu Cantrell



## **¼ TURN, TOUCH, CHASSE LEFT TWICE**

- 1-2 Step right into quarter turn left, touch left next to right
- 3&4 Chasse left, right, left
- 5-6 Step right into quarter turn left, touch left next to right
- 7&8 Chasse left, right, left

## **¼ TURNING TOUCH AND HEELS TWICE, ¼ TURN PIVOT**

- 1&2 Touch right toe next to left heel, step back on right, present left heel turning 1/8 turn left
- &3&4 Step on left, touch right toe next to left heel, step back on right, present left heel turning 1/8 turn left
- 5-6 Step right, hold
- 7-8 ¼ turn left transferring weight onto left, hold

## **LONG STEP, TOUCH, TRIPLE FULL TURN, CROSS AND SIDE, SAILOR ½ TURN**

- 1-2 Long step right to right side, touch left next to right
- 3&4 Triple full turn, left, right, left
- 5&6 Cross right in front of left, recover left, step side right
- 7&8 Step left behind right, turn ½ left onto right foot, step side left

## **ROCK FORWARD, RECOVER, BACK LOCK STEP, SWEEP ½ TURN, SWAY RIGHT, LEFT**

- 1-2 Rock forward right, recover left
- 3&4 Step back right, lock left in front, step back right
- 5-6 Sweep left behind into ½ turn left
- 7-8 Sway right, left

## **BUMP RIGHT, LEFT, ½ PIVOT TURN, WALK RIGHT, LEFT**

- 1&2 Bump hips right, left, right
- 3&4 Bump hips left, right, left
- 5-6 Step right, ½ pivot turn left
- 7-8 Walk right, left

## **KICK, STEP BACK, KICK CROSS, ROLLING HIP FULL TURN**

- 1-2 Kick right, step back
- 3-4 Kick left, cross in front of right
- 5-8 Unwind full turn rolling hips to the right and weight ending on left

**REPEAT**

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