

# Breakin' Free

Count: 64

Wall: 4

Level: Intermediate/Advanced

Choreographer: Guyton Mundy (USA)

Music: Shackles - Mary Mary



## KICK BALL TOUCH, KICK BALL TOUCH, KICK BALL CROSS, STEP, CROSS BEHIND

- 1&2 Kick left, step on left, touch right to side  
3&4 Kick right, step on right, touch left to side  
5&6 Kick left, step on left, cross right over left  
7-8 Step left to left side, step right behind left

## ¾ TURN, STEP, TOUCH, STEP BACK HALF TURN, STEP, SAILOR

- 1-2 Unwind ¾ turn to the right  
3-4 Step forward on left, touch right forward  
5-6 Step back on right, pivot ½ turn to the right  
7-8&1 Step forward on left, step right, left, right

## ¼ SAILOR, KNEE POPS, SLIDE

- 2&3 While doing a ¼ turn to the right step left, right, left  
4 Step right next to left  
5&6 With bent knees pop knees out, in, out  
7-8 Step big to the right with right, touch left beside right

## CHA-CHA

- 1&2 Shuffle to the left, left, right, left  
3&4 Rock back on right, recover on left  
5&6 Shuffle to the right, right, left, right  
7&8 Rock forward on left, recover on right

## ¼ SHUFFLE, ½ TURN SHUFFLE, COASTER, ½ OF SIX STEP

- 1&2 turn ¼ to the left, shuffle left, right, left  
3&4 Shuffle turning ½ to the left stepping right, left, right  
5&6 Step left back, together with right, forward with left  
7&8 Hop forward on right (place left behind right calf), step on left, step right behind left

## TOUCH, STEP, SLIDE TOUCH, WALK BACKS, TOUCH

- 1-2 Touch left beside right, step forward on left  
3-4 Slide right up to left step on right  
5-6 Step back on left, step back on right  
7-8 Touch left beside right, step forward on left

## SAILOR, FULL TURN, BODY ROLL

- 1&2 Step right, left, right  
3-4 Step left behind right, unwind a full turn to the left  
5-6 Touch right forward, step back on right  
7-8 Body roll

## FORWARD KICK BALL TOUCH (TWICE), CROSS, FULL TURN

- 1&2 Kick right forward, step on right, step forward on left  
3&4 Kick right forward, step on right, step forward on left  
5&6 Rock out on right, step on left, cross right over left

7-8

Unwind a full turn to the left

**REPEAT**

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