

# Free

**Count:** 32

**Wall:** 2

**Level:** Improver

**Choreographer:** Alan Birchall (UK) - July 2010

**Music:** Free - Seal : (CD: Soul)



**Start: On Lyrics – 16 counts**

## **FRONT, SIDE, BEHIND, ¼ TURN, STEP, ROCK, RECOVER, COASTER STEP**

- 1-2 Cross Left Over Right, Right To Right
- 3&4 Left Behind Right, Making ¼ Turn Step Right To Right, Step Forward On Left 3 'o' clock
- 5-6 Rock Forward On Right, Recover On Left
- 7&8 Step On Right, Step Left Beside Right, Step Forward On Right

## **RUMBA BOX, SIDE, TOGETHER, SIDE, TOGETHER, SIDE**

- 9&10 Step Left To Left, Right Beside Left, Step Forward On Left
- 11&12 Step Right To Right, Step Left By Right, Step Back On Right
- 13-14 Step Left To Left, Right Beside Left Note: Add Cuban Hips
- 15&16 Step Left To Left, Right By Left, Step Left Note: Add Cuban Hips

## **CROSS ROCK, RECOVER, SIDE, TOGETHER, ¼ TURN, SCISSOR STEPS**

- 17-18 Cross Rock Right Over Left, Recover On Left
- 19&20 Step Right To Right, Step Left To Right, Making ¼ Turn Right Step Forward Right 6 'o' clock
- 21&22 Step Left To Left, Step Right By Left, Cross Left Over Right
- 23&24 Step Right To Right, Step Left By Right, Cross Right Over Left

## **BACK, SIDE, CROSS SHUFFLE, SWAY, RECOVER, BEHIND, POINT**

- 25-26 Extended Step Back On Left, Step Right To Right
- 27&28 Cross Left Over Right, Step Right To Right, Cross Left Over Right
- 29-30 Sway Right To Right, Recover On Left
- 31-32 Cross Right Behind Left, Point Left Back To Left Diagonal

**START AGAIN**

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