

# Free Me

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Craig Cooke (UK)

**Musique:** Free Me - Emma Bunton



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## **RIGHT, ROCK CHASSE, CROSS UNWIND, CHASSE RIGHT**

- 1-2 Step right to right side, cross rock left over right
- 3 Replace weight back onto right
- 4&5 Step left to left side, step right next to left, step left to left side
- 6-7 Cross right over left and unwind full turn
- 8&1 Step right to right side, step left next to right, step right to right side

## **ROCK BACK, LEFT SHUFFLE, ROCK, SHUFFLE ½ TURN**

- 2 Rock back onto left foot
- 3 Recover onto right
- 4&5 Step forward onto left foot, step right next to left, step forward onto left foot
- 6-7 Rock forward onto right foot, recover onto left
- 8&1 Shuffle ½ turn right stepping right, left, right

## **ROCK, BACK LOCK STEP, SWAY, SWAY, CHASSE RIGHT**

- 2 Rock forward onto left
- 3 Recover onto right
- 4&5 Step back onto left foot, lock right over left, step back onto left
- 6-7 Sway hips right & left
- 8&1 Step right to right side, step left next to right, step right to right side

## **ROCK, FULL TURN, CROSS ROCK, SIDE TOGETHER**

- 2 Rock back onto left
- 3 Recover onto right
- 4&5 Make full turn left stepping left, right, left
- 6-7 Cross rock right over left, recover onto left
- 8& Step right to right side, step left next to right

**REPEAT**

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