

# Free

Compte: 32

Mur: 2

Niveau: Easy Intermediate

Chorégraphe: Amy Christian (USA) - August 2014

Musique: Free - Mýa



Intro: Start on Lyrics (0.36secs)

## FWD ROCK, RECOVER, BALL STEP, FWD ROCK, RECOVER, ½, ½, L COASTER STEP,

- 1-2& Rock fwd on R, Recover on L, Step on the ball of R, next to L,
- 3-4 Rock fwd on L, Recover on R,
- 5-6 ½ Turn left, stepping fwd on L, ½ turn left, stepping back on R, [12:00]
- 7&8 L Coaster step,

## ROCK FWD, RECOVER, ¼ SIDE SHUFFLE, OUT, OUT, ¼ FWD SHUFFLE,

- 1-2 Rock fwd on R, Recover on L,
- 3&4 ¼ turn right, Shuffling to the right side, [3:00]
- 5-6 Step L out to left side, Step R out to right side, (pushing hips out)
- 7&8 ¼ Turn left, shuffling fwd, LRL, [12:00]

## KICKBALL CHANGE, ¼ TOE STRUT WITH HIP BUMP, ½ TURN TOE STRUT WITH HIP BUMP, CROSS ROCK,

- 1&2 R Kickball change,
- 3-4 ¼ turn left, toe strut as you bump R hip, [9:00]
- 5-6 ½ Turn left, toe strut as you bump L hip, [3:00]
- 7-8 Cross R over L, Recover on L,

## SIDE, ROCK, BALL STEP, SIDE, ROCK, BALL STEP, ¼, FWD, ½, ½,

- 1-2& Rock R out to right side, Recover on L, Step on ball of R, next to L,
- 3-4& Rock L out to left side, Recover on R, Step on ball of L next to R,
- 5-6 ¼ Turn right, stepping R fwd, Step L fwd (Prep) [6:00]
- 7-8 ½ Turn left, stepping back on R [12:00], ½ Turn left, stepping fwd on L, [6:00] (Or Walk, Walk).

Begin again! □

## TAG – 8 counts – Happens after Wall 2. [12:00] - STOMP FWD, STOMP FWD, OUT, OUT, IN, IN, CROSS UNWIND, "HANDS"

- 1-2 Stomp R fwd, Stomp L fwd,
- 3&4& Step R out to right side, Step L out, Step R in, Step L next to R,
- 5-7 Cross R over L on ball of R and Unwind a full turn left, turning with weight on ball of both feet, ending with weight on L,
- 8 Bring palms in front of your face, sliding hands aside to show your face. (or come up with your own move here).

#2 RESTARTS - First restart happen after Wall 8, do the first 8 counts of the dance and add a Rocking Chair and restart. On Wall 11 dance the first 8 counts and restart. (No Rocking chair here).

OPTINAL INTRO – 34 counts (start this intro after 32 counts from the beginning of the song after those heavy beats. Approx at 0.17secs. Right after she says "Come On!".

## BALL STEP, HITCH, TOUCH OUT TO SIDE, TWIST ¼, R COASTER STEP, FWD, TOUCH,

- &1-2 Step on the Ball of R, Big step fwd on L, Hitch R,
- 3-4 Touch R out to right side, Twist on L making a ¼ turn right, R still touching fwd, (Clap)

5&6 R Coaster step,  
7-8 Step fwd on L, Touch R next to L,

**Repeat this 8 counts 2 more times.**

**On the 4th eight, [9:00] do the first 4 counts and instead of the Coaster Step, Fwd, Touch, replace counts 5-8 with,...**

5-8 Step R Out, Step L Out, Step In, Step L In, and add, ...  
9-10 Cross R over L on ball of R and Unwind a full turn left, turning with weight on balls of both feet, ending with weight on L,

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