

Freestyle

拍数: 48 墙数: 4 级数: Easy Intermediate
编舞者: Amy Christian (USA) - November 2014
音乐: Freestyle - Lady A : (CD: 747 - Deluxe)



Sequence : 24, 48, 24, 48, 40, 48, 8, [At the chorus, you dance the whole (48 count) dance.]
Intro: 32 counts. Begin on lyrics.

KICK, OUT, OUT, SIDE ROCK-RECOVER, CROSS, 1/8 PADDLE, 1/8 PADDLE, CROSS, BACK, TOGETHER,

1&2 Kick R foot fwd, Step R to right side, Step L to left side,
3&4 Rock R out to right side, Recover on L, Cross R over L,
5-6 Touch L out to left side, with weight on R, make 1/8 Paddle turn right, Touch L out to left side with weight on R, make 1/8 Paddle turn right, [3:00]
7&8 Cross L over R, Step back on R, Step L next to R,

HEEL & HEEL &, TRIPLE FORWARD, MAMBO 1/2, WALK, WALK,

1&2& Place R heel fwd, Replace, Place L heel fwd, Replace,
3&4 Triple fwd, R,L,R,
5&6 Rock fwd on L, Recover on R, ½ turn left, stepping L fwd, [9:00]
7-8 Step R fwd, Step L fwd, (Option: Make 2 half turns, turning left),

TOUCH & TOUCH &, WALK, WALK, OUT, OUT, IN, IN, SIDE, TOGETHER,

1&2& Touch R out to right side, Replace, Touch L out to left side, Replace,
3-4 Step R fwd, Step L fwd,
&5&6 Step Out on R, Step Out on L, Step In on R, Step L next to R,
(Throw your hands up, when you hear him sing it!)
7-8 Take big step right on R, Step L next to R,

(*Restart happens here on Wall 1 and Wall 3 and both times you will be facing 9:00)

KICK, REPLACE, STOMP FWD, TWIST ¼, R SAILOR, BEHIND-SIDE-CROSS,

1&2 Kick R fwd, Step R in place, Stomp L fwd, (weight is centered)
3&4 Twist L, R, L, on balls of both feet, making a ¼ turn right, weight ending on L, [12:00]
5&6 R Sailor step,
7&8 Step L behind R, Step R to right side, Step L across R,

STEP FWD, PIVOT ½, TRIPLE FWD, STEP FWD, PIVOT ¼, CROSSING TRIPLE,

1-2 Step fwd on R, Pivot ½ turn left on L,
3&4 Triple fwd, R,L,R,
5-6 Step fwd on L, Pivot ¼ turn right, stepping R to right side,
7&8 Step L over R, Step R to right side, Step L over R,

(** 3rd Restart happens here on Wall 5 – You can hear the change in music – He sings,... “Some of us like to watch, Some of us like to dance!”)

SKATE, ¼ SKATE, SIDE TRIPLE, ¼ SKATE, SKATE, FWD TRIPLE,

1-2 Skate R, Skate L - making a ¼ turn left,
3&4 Side shuffle, R,L,R,
5-6 Skate L - making ¼ turn left, Skate R,
7&8 Shuffle fwd, L,R,L,

(At this 8 count, you get to dance add your flavor & “free style” as you skate and shuffle).

Restarts happen on Wall 1, 3 & 5. On Wall 1 and Wall 3, dance 24 counts and restart. On Wall 5, dance 40 counts.

ENDING: You will face 12:00 when you start the last wall. Dance the first 8 counts [3:00] & then Touch R behind L & unwind $\frac{3}{4}$ turn right, to face 12:00.

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