

I'm Free!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Lori Manary (USA) - October 2016
音乐: Freedom - Pitbull : (iTunes)



Start with lyrics - No Tags Or Restarts

WALK FORWARD 3X, L UP/DOWN HIP BUMP, WALK FORWARD 3X, R UP/DOWN HIP BUMP

1, 2, 3 Step fwd with R (1), Step fwd with L (2), Step fwd with R (3) (R take weight)
&4 Keeping the L back, Left hip bump up (&) Left hip bump down (4)
5, 6, 7 Step fwd with L (5), Step fwd with R (6), Step fwd with L (7) (L take weight)
&8 Keep right back, hip bump up (&) Right hip bump down (8) (12:00)

For Styling: Add some sass to your walking steps

STEP OUT OUT, HOLD, STEP IN IN, HOLD, STEP, HOLD, ½ TURN, HOLD

&9, 10 Step out R to side (&), step out L to side (9), Hold (10)
&11, 12 Step R center (&) step L to center (11) Hold (12)
13, 14 Step fwd with R (13), Hold (14)
15, 16 Keeping weight on R, Turn 1/2 L (15), Hold (16) (Pivot has 2 weight changes) □(6:00)

For Styling: When stepping Out Out, bump the right shoulder up down during the hold. When stepping In In, bump the left shoulder up down during the hold,

L FORWARD LOCK STEP (L,R,L), STEP R, FULL TURN, FORWARD TRIPLE STEP (R,L,R), ROCK L FORWARD, RECOVER R

17&18 Step L forward (17) Lock R behind L (&) Step L forward (18)
19, 20 Step R forward (19), Turn a full turn R stepping down on L (20)
21&22 Step R forward (21) Step L next to R (&) Step R forward (22)
23, 24 Rock step L fwd (23) Recover weight on R (24) (6:00)

L COASTER STEP, STEP PIVOT ¼ TURN L, CROSS SHUFFLE, BIG STEP L, SLIDE R NEXT TO L

25&26 Step Back L (25), Step Right Next to L (&) Step L fwd (26)
27, 28 Step R slightly forward (27), While keeping weight on L, pivot 1/4 turn L (29)
29&30 Cross R in front of L (29) Step L to L side (&) Cross R in front of L (30)
31, 32 Step L out to L side (31) Slide R toe next to L (32) □ (9:00)

Contact: lmanary@yahoo.com