

# Free To Be

拍数: 32      墙数: 4      级数: High Improver  
编舞者: Alison Green (UK) - February 2020  
音乐: Free to Be - Callaghan



## #16 COUNT TAG AND ONE RESTART

### (1-8) RIGHT SIDE SHUFFLE LEFT ROCK BACK LEFT SIDE SHUFFLE RIGHT, ROCK BACK

1&2            Step right to right side, Close left foot beside right, step right to right side  
3-4            Step left foot diagonal back rock Recover weight onto right foot  
5&6            Step left to left side, close right beside left, step left to left side  
7-8            Step right foot diagonal back, Recover weight onto left foot

\*\*\*\*\*RESTART WALL NINE FACING 12 O'CLOCK\*\*\*\*\*

### (9-16) SHUFFLE FULL TURN LEFT TRAVELLING FORWARD SYNCOPATED ROCKS FORWARD RIGHT & LEFT

9&10           Step right foot forward making ¼ turn left, close left beside right making ¼ turn Step right foot back ( facing 6 o'clock wall)  
11&12          Step left foot ¼ turn left close right beside left, making ¼ turn Step left foot forward (facing 12 o'clock)

#### \*NON TURNING OPTION SHUFFLE FORWARD RIGHT LEFT

13-14           Rock forward on right foot, Rock back on left foot  
& 15-16          Step right foot beside left. Rock left foot forward, Rock back on right foot

### [17-24] SHUFFLE FULL TURN LEFT TRAVEELING BACKWARDS LEFT SAILOR STEP RIGHT ¼ TURNSAILOR STEP

17&18           Step left foot ¼ turn left, close right foot beside left, making ¼ step left foot forward (facing 6 o'clock)  
19&20           Step right foot ¼ turn left, close left foot beside right, making ¼ turn step right foot forward (facing 12 o'clock)

#### \*NON TURNING OPTION SHUFFLE BACK LEFT SHUFFLE BACK RIGHT

21&22           Step left foot behind right foot, step right to right side step left foot to left side  
23& 24          Step right foot behind left making ¼ turn right step left foot to left side step right foot forward (facing 3 o'clock)

### [25-32] STEP PIVOT TURN RIGHT TRIPLE HALF TURN, ROCK BACK RIGHT KICK BALL CHANGE

25-26           Step left foot forward making half turn over right shoulder (keeping weight on right foot)  
27&28           Step left foot forward making ¼ turn right, Step right foot beside left Step left ¼ turn (facing 3 o'clock)

#### \*Non turning option Rock forward on left foot recover weight on right foot. Left shuffle back

29-30           Step right foot back rock recover weight onto left foot  
31&32           Kick right foot forward, step down on ball of right foot, Step left foot in place

### TAG AT THE END OF WALL 4 FACING 12 O'CLOCK THERE IS A 16 COUNT TAG

1&2            Side Shuffle To The Right  
3-4            Rock Back On Left Foot Right Recover  
5&6            Side Shuffle To Left  
7-8            Rock Back On Right Left Recover

9&10           Right Shuffle Forward  
11&12          Left Shuffle Forward  
13&14          Right Shuffle Back  
15&16          Right Shuffle Back

**Restart The Dance Facing 12 O'clock**

**ENJOY AND KEEP SMILING!**

---