

Free Woman

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Hiroko Carlsson (AUS) - February 2022
音乐: Free Woman - Lady Gaga : (iTunes/Amazon/Spotify)



(Dance starts on lyrics)

[S1] Cross, Point-Behind, Side Rock, Back Rock, Step Pivot 1/2R

1 2& Cross L over R, Point R to the right, Step R behind L
3 4 Rock L to the side, Replace weight on R
5 6 Rock back on L, Replace weight on R
7 8 Step forward on L, Make a 1/2 turn right recover weight on R (6:00)

[S2] 1/2R Shuffle Back-1/2R Shuffle Fwd-1/4R-Behind Toe Strut, Side Rock

1&2 Making a 1/2 turn right shuffle back on L-R-L (12:00)
3&4 Making a 1/2 turn right shuffle forward on R-L-R (6:00)
&5 6 Make a 1/4 turn right stepping L to the side, Touch R toes behind L, L heel down (9:00)
7 8 Rock L to the side, Replace weight on R

[S3] Cross Shuffle-1/4L Shuffle Back-1/2L Shuffle Fwd, Step-Pivot 1/4L

1&2 Cross L over R, Step R close to L, Cross L over R
3&4 Making a 1/4 turn left shuffle back on R-L-R (6:00)
5&6 Making a 1/2 turn left shuffle forward on L-R-L (12:00)
7 8 Step forward on R, Make a 1/4 turn left recover weight on L (9:00)

[S4] Modified Box w/ Point, Box Step

1 2& Cross R over L, Step back on L, Step R to the side
3 4 Cross L over R, Point R to the side
5 6 7 8 Cross R over L, Step back on L, Step R to the side, Step forward on L**

[S5] Step-Pivot 1/4L, Cross-1/4R-1/4R-Cross-Side Shuffle

1 2 Step forward on R, Make a 1/4 turn left recover weight on L (6:00)
3 4 Cross R over L, Make a 1/4 turn right stepping back on L (9:00)
5 6 Make a 1/4 turn right stepping R to the side, Cross L over R (12:00)
7&8 Side shuffle to the right on R-L-R

[S6] Behind Rock-1/4R Shuffle Back, Back Rock, Sway-Sway

1 2 Rock R behind L, Replace weight on L
3&4 Making a 1/4 turn right shuffle back on R-L-R (3:00)
5 6 Rock back on L, Replace weight on R
7 8 Step R to the side and sway to the right, Sway to the left

[S7] K Step 1/4R Turn

1 2 Step diagonally forward on R, Touch L next to R
3 4 Step diagonally back on L, Touch R next to L
5 6 Make a 1/4 turn leftstepping back on R, Touch L next to R (12:00)
7 8 Step diagonally forward on L, Touch R next to L

[S8] Step-Pivot 1/4L, 2x (Out-Out-In-In), Behind, Point

1 2 Step forward on R, Make a 1/4 turn left recover weight on L (9:00)
&3&4 Step out-out on R-L (&3), Step in-in on R-L (&4)
&5&6 Step out-out on R-L (&5), Step in-in on R-L (&6)

7 8 Step R behind L, Point L to the left

Restart on Wall 3 count 32 (3:00) with step change**

[S4] Modified Box w/ Point, Cross, Back, Side, Hold

1 2& Cross R over L, Step back on L, Step R to the side

3 4 Cross L over R, Point R to the side

5 6 7 8 Cross R over L, Step back on L, Step R to the side, Hold (3:00)

**Ending suggestion: The last wall finishes facing 6:00. Then,
Step-pivot 1/2R to the front**

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 1/Feb/22)**
