Born Free



编舞者: Markus Eiselt (DE) - April 2022

音乐: Born Free - Kid Rock



Restart: on Wall 4 & 8 after 16 counts Start the dance after 32 counts

S1. Step r forward tip I, step I forward tip r, step r back tip I, step I back tip r,		
1-2	Step forward with your right foot and tap left with your left	
3-4	Step forward with left foot and tap right with right	
5-6	Step back with right foot and tap left with left	
7-8	Step back with your left foot and tap your right foot	
S2. Side chasse r, side chasse with 1/4 turning I, side chasse with 1/4 turning r, side chasse with 1/4 turning I		
1&2	Take a step to the right with your right foot, step your left foot next to your right and take a step to the right again with your right foot	
3&4	1/4 turn to the left, step left foot to left and step right to left, then step left again to left	
5&6	1/4 turn to the right, step right foot to right and step left to right, then step right again to right	
7&8	1/4 turn to the left, step left foot to left and step right to left, step left again to left	
S3. Rocking Chair r, Jazz Box		

Step forward with right foot, lift left slightly, and return weight to left foot

Step back with right foot, lift left slightly, and return weight to left foot

Cross your right foot over your left, step back with your left

7-8 Step your right foot to the right, then step your left foot next to your right

1-2

3-4

5-6

S4. V-Step, 1/2 turning I, 1/2 tuning I		
1-2	Step forward with your right foot, stepping your left next to your right	
3-4	Step back with right foot, then step left next to right	
5-6	Step forward with right foot, then rotate 1/2 to the left	
7-8	Step forward with right foot, then rotate 1/2 to the left	