

Freedom

COPPER KNOB
BY STEPHEN

拍数: 64 墙数: 2 级数:
编舞者: Gina Piercy (AUS) - April 2022
音乐: FREEDOM - Jon Batiste : (Album: We Are)



Intro: 16 Counts

Order: A-A-A-B-A-A-A-B-Bridge-Tag-B-A-A-A

PART A - SECTION 1: R BACK ROCK-RECOVER-R WALK-LWALK-JUMP OUT-R ¼ TURN-L ¼ TURN KNEE POP-KNEE POP

Footwork:

1-2 Right Rock Back on Ball of Right Foot-Left Recover

Arms:

1 Left arm straight out to left side with right arm hooked in front of chest with fists clenched.

2 Bring arms down to side.

Footwork:

3-4 Right Walk Forward-Left Walk Forward.

&5 Right Jump Out Right Side-Left Jump Out Left Side (Shoulder width apart).

6 Right ¼ Turn Pivoting on the Balls of Feet (Transfer weight to right leg).

Arms:

6 Hook the left arm in front of chest making a fist. (Hold 7-8).

Footwork:

&7&8 Left 1/4 Turn Pivoting on Balls of Feet Lifting Both Heels Off the Ground for a Double Knee Pop-Heels Down-Facing Forward Lift Heels off the ground for another knee pop-Heels Down. Feet are shoulder width apart.

Arms:

7-8 Right arm swings out to form a palm (facing down) hook in front of chest.

PART A - SECTION 2: L TOGETHER- R SIDE STEP-L ½ TURN JAZZ BOX-R HITCH-R STOMP DOUBLE HEEL SWIVELS

Footwork:

&1-2 Left Foot Together-Right Side Step-Left Cross Over Right

3-4 Left ¼ Turn Stepping Right Foot Back-Left ¼ Turn Stepping Left Forward

5-6 Right Hitch-Right Stomp Forward Diagonal

7&8 Double Heel Swivel to Right Side-Return-Double Heel Swivel to Right Side

Arms:

&1-4 Bring arms down.

5-6 Left hand goes up to left ear with palm facing ear. Right arm goes to right side bent at elbow with palm facing down.

7&8 Left hand stays at ear while right arm moves out-in-out with heel swivels.

PART B

SECTION 1: R BEHIND-L STEP SIDE-L DIAGONAL R SHUFFLE FORWARD-L ROCK FORWARD-R RECOVER-L STEP BACK-R ½ TURN R STEP DIAGONAL-L STEP

1-2 Right Step Behind Left-Left Step to Left Side

3&4 Right Step Forward on Left-Left Together-Right Step Forward on Left

5-6 Left Rock Forward-Right Recover

7&8 Left Step Back-Right ½ Turn Right Step Forward

SECTION 2: R DOROTHY STEP-L STEP 1/8 + ¼ PIVOT TURN-L STEP FORWARD-R SIDE POINT-R WALK FORWARD-L WALK FORWARD

1-2&3-4 Right Step Forward-Left Lock-Right Together-Left Step Forward-Right Pivot Turn

5-6-7-8 Left Step Forward-Right Point to Right Side-Right Step Forward-Left Step Forward.

SECTION 3: R HITCH ½ TURN-WALK R-L-R-L HITCH R ½ TURN-WALK L-R-L

- 1 Right Hitch ½ Turn
- 2-3-4 Walk Forward Right-Left-Right
- 5 Left Hitch ½ Turn
- 6-7-8 Walk Forward Left-Right-Left

SECTION 4: R HITCH ½ TURN-R CROSS STEP-DIAGONAL SIDE STEP-R CROSS STEP-L COASTER ¼ TURN-R SHUFFLE FORWARD

- 1 Right Hitch ½ Turn
- 2 Right Cross Step in Front of Left
- 3-4 Left Side Step-Right Cross Step
- 5&6 Right ¼ Turn Step Left Back-Right Together-Left Step Forward
- 7&8 Right Step Forward-Left Together-Right Step Forward

SECTION 5: L STEP-R ½ PIVOT TURN-R ¼ TURN-L SIDE SHUFFLE-R HEEL-R TOE BACK-R ½ TURN-L SWEEP FORWARD

- 1-2 Left Step Forward- ½ Turn to Right Step Right Forward
- 3&4 ¼ Turn to Right Step Left to Left Side-Right Together-Left Step to Left Side
- 5-6-7-8 Right Heel Forward-Right Toe Back- ½ Turn to Right Putting Heel Down Left Sweep from Behind Moving Forward to Left Side

SECTION 6: L SWEEP R ¼ TURN-L WALK-R WALK-HOLD-BALL STEP-L STEP BACK ½ TURN-R SIDE STEP-L SAILOR STEP

- 1 Continue the Left Sweep making a Right ¼ Turn and Step Left Forward
- 2- Hold 3 Right Step Forward-Hold
- &4 Left Together-Right Step Forward
- 5 Right ½ Turn Stepping Back with Left
- 6 Step Right to Right Side
- 7&8 Step Left Behind Right-Step Right to Right Side-Step Left to Left Side

BRIDGE Part B – To Section 4 – Count 1

TAG

- 2-3 Walk Right Forward-Walk Left Forward (towards 3:00)
 - 4-7 Left ¼ Turn Right Hitch-Right Side Step-Left Hitch-Left Side Step
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