

# Feel Free (Bebas)

**COPPER** **NOB**  
BY STEPHEN METZ

拍数: 48                      墙数: 2                      级数: Phrased Beginner  
编舞者: Jeng Linda Etry (INA) - August 2022  
音乐: Bebas - Iwa K, Sheryl Sheinafia, Maizura & Agatha Pricilla



Intro 16 Counts

No Tag

No Restart

Sequence : C A A B B A A B B C A A B B B C

## PART A : (16 COUNTS)

### SEC 1 : STEP DIAGONAL FORWARD – LOCK – DIAGONAL LOCK SHUFFLE – (R,L)

1 2                      Step R diagonal forward, Lock L behind R  
3&4                      Step R diagonal forward, Lock L behind R, Step R diagonal forward  
5 6                      Step L diagonal forward, Lock R behind L  
7&8                      Step L diagonal forward, Lock R behind L, Step L diagonal forward

### SEC 2 : CROSS OVER – STEP BACK – STEP SIDE – PADDLE ¼ TURN LEFT (2X)

1&2                      Cross R over L, Step L back, Step R to right side  
3&4                      Cross L over R, Step R back, Step L to left side  
5 6                      Step R forward, ¼ turn left recover on L  
7 8                      Step R forward, ¼ turn left recover on L

## PART B : (16 COUNTS)

### SEC 1 : KICK BALL – CLOSE – SIDE ROCK – CROSS BEHIND – STEP SIDE – CLOSE – RUMBA BOX

1&2                      Kick R forward, Close R together L, Rock L to left side  
3 4 5                      Cross L behind R, Step L to left side, Close L together R  
6&7                      Step R to right side, Close L together R, Step R back  
8&1                      Step L to left side, Close R together L, Step L forward

### SEC 2 : ¼ TURN LEFT – IN PLACE WITH ARM VARIATION – (2X) – VOLTA FULL TURN

2&3                      ¼ turn left Step R side, in place with style (push your chest forward and put both hands on the shoulders)  
4&5                      ¼ turn left Step R side, in place with style (push your chest forward and put both hands on the shoulders)  
6&7&8                      Step R forward, Close L together R, ½ turn right step R forward, Close L together R  
8&                      ¼ turn right step R forward, ¼ turn right step L to side

## PART C : (16 COUNTS)

### SEC 1 : WALK FORWARD – ½ TURN LEFT – (2X)

1 2                      Walk forward R, L  
3 4                      Step R forward, ½ turn left step L in place (with sway)  
5 6                      Walk forward R, L  
7 8                      Step R forward, ½ turn left step L in place (with sway)

### SEC 2 : STEP SIDE – TOUCH – RECOVER – CLOSE – ROCKING CHAIR

1 2                      Step R to right side with hip sway, Touch L to left side  
3 4                      Recover on L with hip sway, Close R together L  
5 6                      Rock R forward, Recover on L  
7 8                      Step R back, Recover on L

Enjoy the Dance

