

I Am Free

COPPER KNOB
BY STEPHENETS

拍数: 32 墙数: 4 级数: Improver
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音乐: I Am Free - Tones And I



#16 counts intro (appr 8 sec)

S1 – FIGURE 8 VINE

1-2-3 Step Rf to R side – step Lf behind Rf – turn 1/4 right stepping Rf forward (3:00)
4-5 Step Lf forward – pivot 1/2 turn right, taking weight on Rf (9:00)
6-7-8 Turn 1/4 right stepping Lf to L side (12:00) – step Rf behind Rf – turn 1/4 left stepping Lf forward (9:00)

S2 – BASIC NC R, L SCISSOR CROSS, DRAG

1-2 Turn 1/4 left stepping Rf large step to R side – drag Lf toward Rf (6:00)
3-4 Cross Lf behind Rf – cross Rf over Lf
5-6 Step Lf to L side – close Rf next to Lf
7-8 Cross Lf over Rf turning 1/8 right – drag Rf toward Lf (7:30)

S3 – ROCKING CHAIR, TOE STRUT/BUMP FWD, TOE STRUT/BUMP ¼ TURN L

1-2 Rock Rf forward – recover onto Lf (7:30)
3-4 Rock Rf back – recover onto Lf
5-6 Touch R toes forward bumping hip forward – step Rf forward
7-8 Turn 3/8 left touch L toes forward bumping hip forward – step Lf forward (3:00)

S4 – JAZZ BOX, PIVOT ½ L, WALK R/L (option FULL TURN L)

1-2-3-4 Cross Rf over Lf – step Lf back – step Rf to R side – step Lf forward
5-6 Step Rf forward – pivot 1/2 turn left, taking weight on Lf (9:00)
7-8 Step Rf forward – step Lf forward

« Croquez la vie à pleines danses ! » Magali Chabret - galicountry76@yahoo.fr

Fiche originale de la chorégraphe. Merci de ne pas modifier ces pas de quelque manière que ce soit.