

Free to Be Me

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 2
编舞者: Lucy Cooper (UK) - October 2023
音乐: Freedom! '90 - George Michael

级数: Absolute Beginner



Intro: Start after 16 counts (about 10 sec)

Side, Tap Behind x 4

1 2 Step R to R side, touch L behind R
3 4 Step L to L side, touch R behind L
5 6 Step R to R side, touch L behind R
7 8 Step L to L side, touch R behind L

(Optional arms: Rotate arms in a circle and throw down towards each tapped foot.)

Swivels to forward R diagonal, Swivels to back R diagonal

1&2 Step R to forward R diagonal swivelling heels right, left, right
3&4 Swivel heels left, right, left
5&6 Step R to back R diagonal swivelling heels right, left, right
7&8 Swivel heels left, Right, Left

(Option to do hip bumps instead if dancers would rather not swivel)

Walk, Walk, Walk, Point, Back, Back, Back, Point

1 2 Walk R, walk L
3 4 Walk R, point L to L side
5 6 Back L, back R
7 8 Back L, point R to R side

Forward Point x 2, Paddle 1/8 L x 4

1 2 Step R forward, point L to L side
3 4 Step L forward, point R to R side
5-8 Touch R to side (5) push off it to recover weight L turning 1/8 L (&) x 4

(Optional arms: Roll arms as you push around on 5-8) (6.00)

REPEAT
