

Manchester (Spirit Of Freedom)

拍数: 32 墙数: 4 级数: Improver
编舞者: Charlie Bowring (UK)
音乐: We Shall Be Free - Garth Brooks



- 1&2 Left shuffle forward
3&4 Step right to side, ½ turn right on ball of left, step right to side
5-6 Step left to side, rock onto right
7&8 Step left behind right, step right to side, step left across in front of right
- 9&10 Step right diagonally forward, angling body 1/8 turn left bumping hips right, left, right
11&12 Step left diagonally forward, angling body 1/8 turn right, bumping hips left, right, left
13&14 Step right side, making ¼ turn left bumping hips right, left, right
15&16 Left shuffle ¾ turn left continuing to travel forward
- 17&18 Kick right forward, in place, side
19&20 Step right behind left, step left to side, touch right beside left
21&22 Step right forward, pivot ½ left, ½ turn left stepping back on right 23-24 step left to side, slide right to left (no weight on right)
- 25-26 Step right to side, step left beside right
27&28 Step right forward, touch left behind right, ¼ turn right stepping onto left
29-30 Step right to side, rock onto left
31&32 Shuffle right to side

REPEAT

TAG

End of 5th wall:

& STEP LEFT IN PLACE

- 1-2 Walk forward right, left
3&4 Step right forward, rock back on left making ½ turn right, step right forward
5-8 Mirror counts 1-4 with left
- 9&10 ¼ turn left stepping right to side, pushing hips right, left, right
11&12 ½ turn left stepping left to side, pushing hips left, right, left
13& Bump hips right, left
14 ¼ turn right stepping on right
15& Step left forward, pivot ½ turn right
16 Touch left in place next to right