

# I Am Free

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Lady Lee (UK)  
音乐: We Are Free (feat. Izzy) - Gladiator



## ROCK RIGHT, CROSS SHUFFLE, ROCK LEFT, CROSS SHUFFLE

1-2      Rock right to right side, recover weight onto left  
3&4      Cross right over left, step left to left side, cross right over left  
5-6      Rock left to left side, recover weight onto right  
7&8      Cross left over right, step right to right side, cross left over right

## RIGHT KICK BALL CHANGE TWICE, ROCK, RECOVER, SHUFFLE ½ TURN RIGHT

1&2      Kick right forward, place weight onto ball of right, place weight onto left  
3&4      Kick right forward, place weight onto ball of right, place weight onto left  
5-6      Rock forward onto right, recover weight onto left  
7&8      Shuffle ½ turn over right shoulder on right, left, right

For steps 7&8 the alternative is 3 ½ turns over right shoulder on right, left, right

## ROCK LEFT, CROSS SHUFFLE, ROCK RIGHT, CROSS SHUFFLE

1-2      Rock left to left side, recover weight onto right  
3&4      Cross left over right, step right to right side, cross left over right  
5-6      Rock right to right side, recover weight onto left  
7&8      Cross right over left, step left to left side, cross right over left

## ROCK LEFT, SAILOR ½ TURN LEFT, ROCK RIGHT, SAILOR STEP

1-2      Rock left to left side, recover weight onto right  
3&4      Step left behind right making a ¼ turn left, step right next to left making a ¼ turn left, step left next to right  
5-6      Rock right to right side, recover weight onto left  
7&8      Step right behind left, step left next to right, step right next to left

## SKATE, SKATE, SAILOR STEP, SKATE, SKATE, SAILOR ½ TURN RIGHT

1-2      Skate forward on left, skate forward on right  
3&4      Step left behind right, step right next to left, step left next to right  
5-6      Skate forward on right, skate forward left  
7&8      Step right behind left making a ¼ turn right, step left next to right making a ¼ turn right, step right next to left

## ROCK, RECOVER, BACK, LOCK, BACK, ROCK, RECOVER, STEP, LOCK, STEP

1-2      Rock forward on left, recover weight onto right  
3&4      Step back on left, lock right over left, step back on left  
5-6      Rock back on right, recover weight onto left  
7&8      Step forward on right, lock left behind right, step forward on right

## ROCK, RECOVER, BEHIND & CROSS, ROCK RECOVER, BEHIND & CROSS

1-2      Rock left to left, recover weight onto right  
3&4      Step left behind right, & cross left over right  
5-6      Rock right to right, recover weight onto left  
7&8      Step right behind left, & cross right over left

## ROCK, RECOVER, COASTER STEP, KICK & POINT, BEHIND & CROSS

1-2      Rock forward on left, recover weight onto right

3&4 Step back on left, step back on right, step forward on left  
**For steps 3&4 the alternative is a full triple turn over left shoulder on left, right, left**  
5&6 Kick right forward, place right next to left, point left to left side  
7&8 Step left behind right, & cross left over right

## REPEAT

## TAG

**Repeated 4 times at the end of wall two. You will end facing wall 1**

### **OUT, IN, PLACE, TOUCH, OUT, IN, TURN, HOLD**

1-2 Touch right to right side, touch right next to left  
3-4 Step right to right side, touch left next to right  
5-6 Touch left to left side, touch left next to right  
7-8 Step left to left with a  $\frac{1}{4}$  turn left, hold

### **OUT, IN, PLACE, TOUCH, OUT, IN, COASTER STEP**

1-2 Touch right to right side, touch right next to left  
3-4 Step right to right side, touch left next to right  
5-6 Touch left to left side, touch left next to right  
7&8 Step back on left, step back on right, step forward on left

**Then you carry on with the dance two more times**

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