

Free

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Junior Willis (USA) & Kerry Johnson
音乐: Free - Faith Hill



STEP, SLIDE, STEP, STEP, SLIDE, STEP, ½ PIVOT, TRIPLE

- 1 Step right forward
- 2 Slide left behind right
- &3 Step right forward, step left forward
- 4& Slide right behind left, step left forward
- 5-6 Step right forward while making a ½ turn to left, placing weight on left
- 7&8 Triple forward (right, left, right)

BUMP HIPS (LEFT, RIGHT, LEFT, LEFT), TRIPLE ½ TURN, MAMBO

- 1 Bump hips to left
- 2 Bump hips to right
- 3&4 Bump hips to left, back home, back to left again
- 5&6 Rock forward on right, recover on left, make a ½ turn to right and step on right
- 7&8 Mambo to left (step left out, step right in place, step left next to right)

STEP, SLIDE, STEP, ½ PIVOT, ROCK, RECOVER, HITCH, STEP, HEEL, STEP, STEP

- 1 Step right out to right
- 2& Slide left behind right, step right out to right
- 3-4 Step left forward, make a ½ turn to right, placing weight on right
- 5& Rock forward on left, recover on right
- 6& Hitch left knee, step left next to right
- 7& Place right heel forward, step right next to left
- 8 Step left forward

SCUFF, HITCH, TOUCH, TWIST HEELS WITH ¼ PIVOT, COASTER STEP, ½ PIVOT

- 1&2 Scuff right forward, hitch right knee, touch right slightly forward
- 3&4 Twist heels right, left, right while making a ¼ turn to left
- 5&6 Coaster step on left (step left back, step right in place, step left forward)
- 7-8 Step right forward, make a ½ pivot to left, placing weight on left

REPEAT

TAG

The tag comes after the eighth wall, and then start the dance from beginning and finish till the end of the song

HEEL SWITCH, HEEL SWITCH, HEEL SWITCH, HEEL SWITCH

- 1& Place right heel forward, step right next to left
- 2& Place left heel forward, step left next to right
- 3& Place right heel forward, step right next to left
- 4& Place left heel forward, step left next to right

RESTART

There is one restart after the fourth wall. When you start on the fifth wall do the first 16 counts and then restart the dance.