

Free Me

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Craig Cooke (UK)
音乐: Free Me - Emma Bunton



RIGHT, ROCK CHASSE, CROSS UNWIND, CHASSE RIGHT

1-2 Step right to right side, cross rock left over right
3 Replace weight back onto right
4&5 Step left to left side, step right next to left, step left to left side
6-7 Cross right over left and unwind full turn
8&1 Step right to right side, step left next to right, step right to right side

ROCK BACK, LEFT SHUFFLE, ROCK, SHUFFLE ½ TURN

2 Rock back onto left foot
3 Recover onto right
4&5 Step forward onto left foot, step right next to left, step forward onto left foot
6-7 Rock forward onto right foot, recover onto left
8&1 Shuffle ½ turn right stepping right, left, right

ROCK, BACK LOCK STEP, SWAY, SWAY, CHASSE RIGHT

2 Rock forward onto left
3 Recover onto right
4&5 Step back onto left foot, lock right over left, step back onto left
6-7 Sway hips right & left
8&1 Step right to right side, step left next to right, step right to right side

ROCK, FULL TURN, CROSS ROCK, SIDE TOGETHER

2 Rock back onto left
3 Recover onto right
4&5 Make full turn left stepping left, right, left
6-7 Cross rock right over left, recover onto left
8& Step right to right side, step left next to right

REPEAT
