

Freedom

拍数: 48 墙数: 2 级数: Improver
编舞者: Kathy Forrest (UK)
音乐: Black Eyes, Blue Tears - Shania Twain



RHUMBA BOX

1-2 Step left to left side, step right together with left
3-4 Step left forward, touch right up to left
5-6 Step right to right side, step left together with right
7-8 Step right back, touch left back to right

LEFT VINE ¼ TURN, SCUFF, STEP ½ PIVOT, WALK, WALK

1-2 Step left to left side, step right behind left
3-4 Step ¼ turn left stepping forward on left, scuff right forward
5-6 Step down on right, pivot ½ turn left
7-8 Walk forward right, left

KICK BALL CHANGES, CHASSE RIGHT, ROCK, RECOVER

1&2 Kick right foot forward, step on ball of right foot, step left foot in place
3&4 Repeat 1&2
5&6 Step right foot to right side, step left foot next to right, step right foot to right side
7-8 Rock back on left foot, recover weight on to right

CHASSE LEFT, ROCK, RECOVER, SWEEP ½ TURN, TOUCH, ROCK, RECOVER

1&2 Step left foot to left side, step right foot next to left, step left foot to left side
3-4 Rock back on right foot, recover weight on to left
5-6 Pivot on ball of left foot while sweeping right foot out and round to make ½ turn left, touch right foot beside left
7-8 Rock back on right foot, recover weight on to left

TOE STRUTS, KICK BALL CROSS, ROCK ¼ TURN

1-2 Cross right toes over left foot, drop right heel taking weight on right foot
3-4 Step left toes back, drop left heel taking weight on to left foot
5&6 Kick right foot forward, step on ball of right foot, cross left foot in front of right
7-8 Rock right to right side, pivot ¼ turn to left on ball of right foot and step forward left

JUMP FORWARD AND BACK, CLAPS, HIP BUMPS

&1-2 Jump forward right, left, hold and clap
&3-4 Jump back right, left, hold and clap
5-6 Bump hips left, right
7-8 Repeat 5, 6 (weight ends on right)

REPEAT

TAG

On 8th repetition, dance counts 1-16, then 40-48.