Freedom



拍数: 64

编舞者: Dougie D (UK)

音乐: Your Free - Altranate

级数: Intermediate

RIGHT KICKBALL CHANGE, ROCK FORWARD, ROCK BACK, SHUFFLE ½ TURN LEFT

1&2 Kick right leg forward, step right beside left, step left in place

墙数:4

- 3-4 Rock forward on right, recover on left
- 5-6 Rock back on right, recover on left
- Shuffle 1/2 turn left,: right, left, right 7&8

BACK ROCK, FORWARD SHUFFLE, ¼ TURN RIGHT, SAILOR STEP WITH ¼ TURN RIGHT

- 1-2 Rock back on left, recover on right
- 3&4 Shuffle forward, left, right, left
- 5-6 Step forward on right with 1/4 turn right, step left beside right
- 7&8 Cross right behind left, step left beside right with 1/4 turn right, step right in place

STEP FORWARD ON LEFT, HOLD, STEP RIGHT BEHIND LEFT, X2STEP FORWARD ON LEFT, STEP FORWARD ON RIGHT, SWIVEL ½ TURN LEFT

- 1-2& Step forward on left, hold for 1 count, step right behind left
- 3-4& Step forward on left, hold for 1 count, step right behind left
- 5-6 Step forward on left, step forward on right
- 7-8 Swivel ¹/₂ turn left on balls of both feet, tap right beside left

FORWARD SHUFFLE TWICE, STEP FORWARD, ½ TURN LEFT, SHUFFLE FORWARD

- 1&2 Shuffle forward right, left, right
- 3&4 Shuffle forward left right, left
- 5-6 Step forward on right, swivel ¹/₂turn left on balls of both feet
- 7&8 Shuffle forward, right, left, right.

SIDE ROCK, CROSS SHUFFLE TWICE

- 1-2 Rock left out to left side, recover on right
- 3&4 Cross shuffle to right; left, right, left
- 5-6 Rock right out to right side, recover on left
- 7&8 Cross shuffle to left; right, left, right

STEP LEFT WITH ¼ TURN RIGHT, FRONT KICK WITH SAILOR STEP, FRONT AND DIAGONAL KICKS WITH SAILOR STEP

- 1-2 Step left to left side with 1/4 turn right, kick right leg forward
- 3&4 Cross right behind left, step left beside right, step right in place
- 5-6 Kick left leg forward, kick left leg diagonally forward
- 7&8 Cross left behind right, step right beside, left, step left in place

FORWARD SHUFFLE, SHUFFLE ½ TURN RIGHT, BACK ROCK, FULL TURN LEFT

- 1&2 Shuffle forward, right, left, right
- 3&4 Shuffle 1/2 turn right; left, right, left
- 5-6 Rock back on right, recover on left
- 7-8 Step forward on right with 1/2 turn left, step back on left with 1/2 turn left

FORWARD ROCK ON RIGHT, RIGHT COASTER STEP, FORWARD ROCK ON LEFT STEP BACK AND TAP

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



- 3&4 Step back on right, step left beside right, step forward on right
- 5-6 Rock forward on left, recover on right
- 7-8 Step back on left, tap right beside left

REPEAT