

Feel Free

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Craig Bennett (UK), Kate Sala (UK) & Johnny Two-Step (UK)
音乐: I Wish I Knew How It Would Feel To Be Free - Sharlene Hector



WALK, WALK, MAMBO STEP, SWEEP BACK, SWEEP BACK, TOUCH, UNWIND ½ TURN

1-2 Walk forward on right, left
3&4 Rock forward on right, rock back on left, step back on right
5-6 Sweep step left round from front to back, repeat with right
7-8 Touch left toe behind right, unwind ½ turn left, (weight ending on left)

WALK, WALK, MAMBO STEP, SWEEP BACK, SWEEP BACK, TOUCH, UNWIND ¼ TURN

1-2 Walk forward on right, left
3&4 Rock forward on right, rock back on left, step back on right
5-6 Sweep step left round from front to back, repeat with right
7-8 Touch left toe behind right, unwind ¼ turn left, (weight ending on left)

CROSS, SIDE, SAILOR STEP, CROSS, ½ TURN INTO CHASSE

1-2 Cross step right over left, step left to left side
3&4 Cross step right behind left, step left to left side, step right in place
5-6 Cross step left over right, turn ¼ left stepping back on right
7&8 Turn ¼ left stepping left to left side, step right next to left, step left to left side

CROSS, SIDE, SAILOR STEP, CROSS, ¼ TURN, TRIPLE ¾ TURN

1-2 Cross step right over left, step left to left side
3&4 Cross step right behind left, step left to left side, step right in place
5-6 Cross step left over right, turn ¼ left stepping back on right
7&8 Triple ¾ turn left on left, right, left

ROCK STEP, SHUFFLE ½ TURN, ROCK STEP, SHUFFLE

1-2 Rock forward on right, rock back on left
3&4 Shuffle ½ turn right on right, left, right
5-6 Rock forward on left, rock back on right
7&8 Shuffle forward on left, right, left

ROCK STEP, TRIPLE ¾ TURN, ROCK STEP, COASTER CROSS

1-2 Rock forward on right, rock back on left
3&4 Triple step ¾ turn right on right, left, right
5-6 Rock forward on left, rock back on right
6&8 Step back on left, step right next to left, cross step left over right

SWAY RIGHT, LEFT, BEHIND SIDE CROSS, SWAY LEFT, RIGHT, BEHIND SIDE CROSS

1-2 Step right to right side swaying hips right, sway hips left
3&4 Cross step right behind left, step left to left side, cross step right over left
5-6 Step left to left side swaying hips left, sway hips right
7&8 Cross step left behind right, step right to right side, cross step left over right

SIDE, TOGETHER, FORWARD, SHUFFLE, ROCK STEP, SHUFFLE ½ TURN (8 & 1 YOU HAVE STARTED AGAIN)

1-2-3 Step right to right side, step left next to right, step forward on right
4&5 Shuffle forward on left, right, left

6-7

Rock forward on right, rock back on left

8&

Turn $\frac{1}{2}$ right stepping forward on right, step left next to right

REPEAT
