

# Must Get Free

拍数: 32                      墙数: 4                      级数: High Intermediate  
编舞者: Dan McInerney (UK) - September 2009  
音乐: Silk - Rachel Stevens : (Album: Funky Dory)



**Starts: After 16 counts / 9 seconds as she starts to sing "Dangerous is you to me..."**

## WALK, WALK WALK, TURN, STEP TURN

- 1-2                       Towards R diagonal, step L forward and slightly across R (01:30)
- 3, 4                       Step R forward and slightly across L, step L forward and slightly across R
- 5-6                       Step R forward and make a 1/2 turn L (weight ends on R) (07:30)
- 7, 8                       Step weight forward onto L, Make 1/2 turn L stepping R back (01:30)

## TURN, SWEEP SWEEP, ROCK RECOVER, TURN SWEEP

- 1-2                       Make 1/2 L stepping L forward, sweep R around and in front of L and step onto it (07:30)
- 3, 4                       Sweep L around and in front of R and step onto it, sweep R around and in front of L
- 5, 6                       Rock forward onto R, recover weight back onto L
- 7, 8                       Make 1/2 turn R stepping R forward, continue into another 1/2 turn R sweeping L around (07:30)

**(OPTION: on the last two counts, instead of the two turns, sweep R behind into a sailor step 7&8)**

## WALK, WALK WALK, SPIRAL, SIDE BEHIND

- 1-2                       Continuing the sweep, make 1/8 turn R finishing with the weight on L (slightly across R) (09:00)
- 3, 4                       Making 1/4 R step R forward, making 1/4 R step L to L side (03:00)
- 5-6                       Cross R over left as you make a full spiral turn R (03:00)
- 7, 8                       Step L to L side, step R behind L

**(NOTE: counts 1-2, 3 and 4 are a simple walk around)**

**(OPTION: on count 5, simply cross R across L and hold for count 6)**

## SWAY, SWAY SWAY, TURN, TURN SIDE

- 1-2                       Stepping L to L side sway hips L over 2 counts
- 3, 4                       Sway hips R, sway hips L
- 5-6                       Make a 1/4 turn R as you step R forward, hold for count 6 (06:00)
- 7, 8                       Make 1/2 turn R as you step L back, make 1/4 turn stepping R to R side (03:00)

## REPEAT

### RESTART:

**16 counts into 4th wall (started facing 09:00), start the dance again facing 03:00**

### TAG:

**16 counts into 8th wall (started facing 12:00), dance the tag and then start the dance again from the beginning**

### (TAG) SPIRAL TURN, STEP, SWEEP

- 1, 2                       Step L forward as you make a full spiral turn R (facing R diagonal)
- 3, 4                       Step R forward, sweep L around as you begin the dance again from the start