

Born Free

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Low Intermediate
编舞者: Laura Alberico (USA) - February 2011
音乐: Born Free - Kid Rock : (Album: Born Free)



Start 32 counts from beginning

Section 1: R fwd diag. step, touch, step L back, sweep R into weave behind, side, cross, L side

1-4 Step R to fwd R diag (1), touch L next to R (2), step L to L back diag (3), sweep R behind L (4)
5-8 Step R behind L (5), step L side (6), cross step R over L (7), step L side (8)

Section 2: R back cross rock, recover, R toe/heel strut to side, L toe/heel cross strut, R toe/heel strut to side

1-4 R cross rock behind L (1), recover L facing R diag (2), touch R toe to R side (3), drop heel (4)
5-8 Cross L over R touching L toe (5), drop heel (6), touch R toe to R side (7), drop heel (8)

Section 3: Facing R diag L jazz box ending R over L squaring to wall, begin figure 8 stepping L side, behind, ¼ L, R fwd

1-4 Facing R diag step L over R (1), step R back (2), step L side squaring to wall (3), step R over L (4)
5-8 Step L side (5), step R behind L (2), ¼ turn L onto L (7), step R fwd (8) 9:00

Section 4: Complete figure 8 making ½ turn L, ¼ L, L behind, ¼ R, L fwd, ½ R, ¼ R, R side***

1-4 ½ turn L onto L (1), ¼ turn L stepping R side (2), step L behind R (3), ¼ turn R onto R (4)
5-8 Step L fwd (5), ½ turn R onto R (6), ¼ turn R stepping L side (7), step R side (8) 12:00

Section 5: L fwd cross rock, recover, step L, kick R, step back bending knees, swivel ¼ turn R, kick L twice

1-4 L cross rock over R (1), recover R (2), step L side (3), kick R fwd pointing toe to floor (4)
5-8 Step R next to L bending knees with weight on balls of feet (5), swivel ¼ turn R straightening with weight on R (6), kick L fwd pointing toe to floor twice (7,8) 3:00

Section 6: L coaster, touch R, Monterey ¼ turn R**

1-4 Step L back (1), step R next to L (2), step L fwd (3), touch R next to L (4)
5-8 Touch R to side (5), ¼ turn R stepping R next to L (6), touch L to side (7), step L next to R (8) 6:00

Section 7: R back, L together, walk fwd RL, R rocking chair

1-4 Step R back (1), step L next to R (2), walk fwd R (3), walk fwd L(4)
5-8 R rock step fwd (5), recover L (6), R rock step back (7), recover L (8)

Section 8: R rumba box

1-4 Step R side (1), step L next to R (2), step R fwd (3), touch L next to R (4)
5-8 Step L side (5), step R next to L (6), step L back (7), touch R next to L (8)

Restarts:

**Walls 2 & 4-- Dance 48 steps (after Monterey turn facing 12:00)..... then restart

***Wall 6-- Dance 32 steps (complete figure 8 facing 6:00) replacing step 32 with R touch next to L..... then restart

Note: Song track is 5.13 long; dance 'til the vocals stop, about 4.28