

Just As Free

拍数: 48 墙数: 2 级数: Beginner
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音乐: Free - Zac Brown Band : (CD: The Foundation)



48 count Intro – Start on Just as Free

POINT, FWD, SIDE, BEHIND-SIDE-CROSS X2

1-2 Point right foot forward, point right to right side
3&4 Cross right behind left, step left to left side, cross right over left
5-6 Point left foot forward, point left to left side
7&8 Cross left behind right, step right to right side, cross left over right

STEP, LOCK, STEP-LOCK-STEP X2

1-2 Step right diagonal forward, lock left behind right
3&4 Step right diagonal forward, lock left behind right, step right diagonal forward
5-6 Step left diagonal forward, lock right behind left
7&8 Step left diagonal forward, lock right behind left, step left diagonal forward

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, SHUFFLE ½ TURN

1-2 Rock forward on right, recover onto left
3&4 Step back on right, step left beside right, step forward on right
5-6 Rock forward on left, recover onto right
7&8 Shuffle ½ turn left stepping- left, right, left (06:00)

CROSS ROCK, CHASSE RIGHT, LEFT CROSS ROCK, LEFT CHASSE

1-2 Cross rock right over left, recover onto left
4&5 Step right to right side, close left beside right, step right to right side
5-6 Cross rock left over right, recover onto right
7&8 Step left to left side, close right beside left, step left to left side

SIDE, TOUCH, SIDE, TOUCH, ROCK BACK RECOVER, SHUFFLE FORWARD

1-2 Step right to right side, touch left beside right
3-4 Step left to left side, touch right beside left
5-6 Rock back on right, recover onto left
7&8 Step forward on right, close left beside right, step right forward

SIDE, TOUCH, SIDE, TOUCH, ROCK BACK RECOVER, SHUFFLE FORWARD

1-2 Step left to left side, touch right beside left
3-4 Step right to right side, touch left beside right
5-6 Rock back on left, recover onto right
7&8 Step forward on left, close right beside left, step left forward