

Free

拍数: 32 墙数: 4 级数: Improver / Easy Intermediate
编舞者: Martie Papendorf (SA) - February 2014
音乐: Free (feat. Emeli Sandé) - Rudimental : (Album: Home)



Intro. : 36 counts from start of music [+/- 24 sec.] No Tags Or Restarts

S1: Rock back fwd, Fwd shuffle, Rock fwd back, Coaster touch ¼ left

1,2 Rock R back [lifting weight slightly off L], Recover L fwd,

Optional styling count 1: Swing R arm back

3&4 Step R fwd, Step L next to R, Step R fwd,

5,6 Rock L fwd, Recover R back,

7&8 Step L back making a ¼ turn left, Step R to right side, Touch L next to right [9.00]

S2: Step, Side, Touch, Side, Together, Fwd, Rock fwd back, 1½ turn right

&1,2 Step L next to R, Step R to right side, Touch L to R,

Optional styling: Swing arms across body to right side

3&4 Step L to left side, Step R next to L, Step L fwd,

5,6 Rock R fwd, Recover L back,

7&8 Make a ½ turn right and step R fwd, Step L back making a ½ turn right, Step R fwd making a ½ turn right [3.00]

Easier option for count 7&8: Shuffle ½ right

7&8 Step R to right side making a ¼ turn right, Step L beside R, Step R fwd making a ¼ turn right [3.00]

S3: Fwd, Lock, Fwd, Lock, Fwd, Rock fwd back right left and flick,

1,2 Step L fwd, Lock R behind L,

3&4 Step L fwd, Lock R behind L, Step L fwd,

5,6 Rock R fwd, Recover L back,

7,8 Rock R to right side, Recover L to left side flicking R behind L[3.00]

S4: Behind, Side, Cross shuffle, Step, Cross, Pivot turn ½ left, Back and hitch, Step

1,2 Cross R behind L, Step L to left side,

3&4 Step R across L, Step L left side, Step R across L,

&5,6 Step L in place, Step R across L, Make a pivot turn ½ left [weight to L], [9.00]

7,8 Step R back hitching fwd, Step L in place [9.00]

Optional styling count 7: Bend R pulling bent arms "down"

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