

As Free

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Cassey Rowe (UK) - March 2014
音乐: Free - Zac Brown Band : (Album: Uncaged)



Fwd, Lock, recover, back, 1&1/4 turn R, point, 1/4 turn L, 1&1/4 turn L.

1 Right Step Forward
2&3 Left lock behind Right, recover forward onto Right, Left steps back
4&5 Right step forward 1/2 turn Right, Left step back 1/2 turn Right, Right step to side 1/4 turn Right (3.00)
6 Point Left to Left Side
7 Left step 1/4 turn Left (12.00)
8&1 Right step back 1/2 turn Left, Left step forward 1/2 turn Left, Right step to side 1/4 turn Left (9.00)

Back Rock Rec, Sway x3, 1/4 turn R. 1/2 turn R

2&3 Left step back, recover onto Right, Left step to side
4&5 Sway R,L,R
6&7 Left cross behind Right, Right step 1/4 turn Right, Left step forward (12.00)
8 Pivot 1/2 turn Right (6.00)
*** (TAG WALL 3(&) step onto Left, Restart)

Fwd, 1&1/4 turn L, 3/4 turn R, fwd, 1& 1/4 turn L

1 Left step forward
2&3 Right step back 1/2 turn Left, Left step forward 1/2 turn Left, Right step to side 1/4 turn Left (3.00)
4&5 Left cross behind Right, Right step 1/4 turn Right, Left step forward (6.00)
6 Pivot 1/2 turn Right (12.00)
7 Left step forward
8&1 Right step back 1/2 turn Left, Left step forward 1/2 turn Left, Right step to side 1/4 turn Left (9.00)

Tap, heel twist, tap, kick ball cross, bounce, bounce, rock

2 Tap Twist Left heel in toward Right
3 Twist Left heel back to centre (weight on Left)
& Right toe tap next to Left
4&5 Right kick forward, ball change, cross Left over Right (9.00)
6 Bounce 1/2 turn Left (3.00)
7 Bounce 1/4 turn Left (6.00)(weight on Left)
8& Right sweep 1/4 turn Right into step back, recover onto Left (9.00)

*** TAG/RESTART WALL 3 ADD A QUICK STEP ONTO BALL OF LEFT (&) AFTER 1/2 TURN

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