

Free My Soul

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Rob Fowler (ES), Ben Martin (UK) & Richard Williams (UK) - May 2014
音乐: Drift Away - Garth Brooks : (CD: Blue-Eyed Soul)



Count in 8 (approx. 6 secs) – bpm: 82

SEC 1: □ROCKING CHAIR, SPIRAL TURN, ROCK FORWARD/RECOVER, FULL SHUFFLE TURN

1&2& Facing 11 o'clock rock forward on right, recover on left, rock back on right, recover on left
3&4 Still facing diagonal step forward right, make a full spiral turn left hooking left in front of right, step
5& forward left, Still on the diagonal rock forward on right, recover on left
6&7&8 Make a full shuffle turn right stepping right, left, right, left, right to straighten up to front wall (12 o'clock)

SEC 2: □CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, SIDE ROCK CROSS, ¼ LEFT, ½ LEFT, SWEEP

1&2 Sweeping left round cross left over right, step right to right side, step left behind right
3&4 Sweeping right round step right behind left, step left to left side, cross right over left
5&6 Rock left to left side, recover on right, cross left over right
7&8 Make a ¼ turn left stepping back on right, make a ½ turn left stepping forward on left, sweep right round in front of left (weight on left) (3 o'clock)

SEC 3: □CROSS BACK SIDE, ¼ LEFT, ¾ LEFT, CROSS ROCK SIDE, BACK ROCK ¼ LEFT

1&2 Cross right over left, step back on left, step right to right side dragging left towards right
3-4 Make ¼ turn left stepping forward left, make ¾ turn left on ball of left and point right to right side
5&6 Cross rock right over left, recover on to left, step right to right side
7&8 Rock back on left, recover on to right, make ¼ turn left stepping forward left (12 o'clock)

(**RESTART HERE WALL 5)

SEC 4: □MAMBO ½ TURN RIGHT, STEP LEFT, ¾ TURN RIGHT, SWEEP, BEHIND SIDE CROSS, SIDE ROCK CROSS HITCH TURN

1&2 Rock forward on right, recover on left, make ½ turn right stepping forward on right
3&4 Step forward on left, make a ¾ turn right (weight on left), sweep right from front to back
5&6 Step right behind left, step left to left side, cross right over left
7&8& Rock left to left side, recover on to right, cross left over right towards diagonal (5 o'clock), hitch right making ¼ turn left into diagonal (1 o'clock)

START OVER

TAG: □AT THE END OF WALLS 2 AND 4 RIGHT MAMBO FORWARD, LEFT MAMBO BACK

1&2 Rock forward on right, recover on to left, step right next to left
3&4 Rock back on left, recover on to right, step left next to right

**RESTART: Wall 5 – dance up to and including count 24, then Restart facing 12 o'clock

Last update - 26th May 2014