

# 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