

Free Spirit (Born To Run)

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Harold Grimshaw (UK) - June 2014
音乐: Born To Run - Jamie O'Neal : (Album: Eternal)



Section 1: Side, Touch, Side, Flick, Behind, Side, Cross, Flick

1-4 Right Side, Touch Left Tog, Left Side, Flick Right Fwd
5-8 Right Behind, Left Side, Right Cross, Flick Left Back

Section 2: Turn, Hook, Turn, Tog, Fwd, Tog, Fwd, Hold

1-4 (1/4 Rt) Left Back, Hook Right, Rt Fwd 1/2 Rt, Left Tog (Instep) (9)
5-8 Right Fwd, Left Tog (Instep), Right Fwd, Hold

Section 3: Fwd Rock, Back, Swing, Back Lock Step, Hold

1-4 Left Fwd, Rock Back Right, Left Back, Swing Right Around Left
5-8 Right Back, Lock Left Over Rt, Right Back, Hold

Section 4: Side, Tog, Turn, Hold, Turn, Tog, Back, Hold

1-4 Left Side, Right Tog, Left 1/4 Lt, Hold
5-8 (Turn 1 /4 Left) Right Side, Left Tog, Right Back, Hold (3)

Section 5: Coaster Back, Hold, Cross, Hold, Cross, Hold

1-4 Left Back, Right Tog, Left Forward, Hold
5-8 Cross Step Right, Hold, Cross Step Left, Hold

Section 6: Fwd Rock, Turn, Scuff, Left Lock Fwd, Hold

1-4 Right Fwd, Rock Back Left, Rt Fwd 1/2 Rt, Scuff Left (9)
5-8 Left Fwd, Lock Right Behind, Left Fwd, Hold

Section 7: Mambo Rock, Hold, Turn Shuffle, Hold

1-4 Right Fwd, Rock Back Left, Step Right Tog, Hold
5-8 (Turn 1/2 Left) Left Shuffle Fwd, Hold (3)

Wall 5 (Turn 1/4 Left To 12 O'clock) To Restart

Section 8: Step Pivot Cross, Hold, Turn, Side, Cross, Hold

1-2 Right Fwd, Pivot 1/4 Left
Restart Here (Wall 2 – 6 O'clock, Wall 4 – 12 O'clock) Weight On Left
3-4 Cross Step Right, Hold
5-8 (Turn 1/2 Right) Left Back, Right Side, Cross Step Left, Hold (6)
Tag Here (End of Walls 1, 3 & 6 – 6 O'clock, 12 O'clock & 6 O'clock)
1-2 Right Side, Hold, Cross Step Left, Hold

Sequence: 64, Tag (4), 58, Res., 64, Tag (4), 58, Res., 56, Turn Res., 64, Tag (4), 64.....

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