

Free

拍数: 32 墙数: 2 级数: Easy Intermediate
编舞者: Amy Christian (USA) - August 2014
音乐: Free - Mýa



Intro: Start on Lyrics (0.36secs)

FWD ROCK, RECOVER, BALL STEP, FWD ROCK, RECOVER, ½, ½, L COASTER STEP,

1-2& Rock fwd on R, Recover on L, Step on the ball of R, next to L,
3-4 Rock fwd on L, Recover on R,
5-6 ½ Turn left, stepping fwd on L, ½ turn left, stepping back on R, [12:00]
7&8 L Coaster step,

ROCK FWD, RECOVER, ¼ SIDE SHUFFLE, OUT, OUT, ¼ FWD SHUFFLE,

1-2 Rock fwd on R, Recover on L,
3&4 ¼ turn right, Shuffling to the right side, [3:00]
5-6 Step L out to left side, Step R out to right side, (pushing hips out)
7&8 ¼ Turn left, shuffling fwd, LRL, [12:00]

KICKBALL CHANGE, ¼ TOE STRUT WITH HIP BUMP, ½ TURN TOE STRUT WITH HIP BUMP, CROSS ROCK,

1&2 R Kickball change,
3-4 ¼ turn left, toe strut as you bump R hip, [9:00]
5-6 ½ Turn left, toe strut as you bump L hip, [3:00]
7-8 Cross R over L, Recover on L,

SIDE, ROCK, BALL STEP, SIDE, ROCK, BALL STEP, ¼, FWD, ½, ½,

1-2& Rock R out to right side, Recover on L, Step on ball of R, next to L,
3-4& Rock L out to left side, Recover on R, Step on ball of L next to R,
5-6 ¼ Turn right, stepping R fwd, Step L fwd (Prep) [6:00]
7-8 ½ Turn left, stepping back on R [12:00], ½ Turn left, stepping fwd on L, [6:00] (Or Walk, Walk).

Begin again! □

TAG – 8 counts – Happens after Wall 2. [12:00] - STOMP FWD, STOMP FWD, OUT, OUT, IN, IN, CROSS UNWIND, "HANDS"

1-2 Stomp R fwd, Stomp L fwd,
3&4& Step R out to right side, Step L out, Step R in, Step L next to R,
5-7 Cross R over L on ball of R and Unwind a full turn left, turning with weight on ball of both feet, ending with weight on L,
8 Bring palms in front of your face, sliding hands aside to show your face. (or come up with your own move here).

#2 RESTARTS - First restart happen after Wall 8, do the first 8 counts of the dance and add a Rocking Chair and restart. On Wall 11 dance the first 8 counts and restart. (No Rocking chair here).

OPTINAL INTRO – 34 counts (start this intro after 32 counts from the beginning of the song after those heavy beats. Approx at 0.17secs. Right after she says "Come On!".

BALL STEP, HITCH, TOUCH OUT TO SIDE, TWIST ¼, R COASTER STEP, FWD, TOUCH,

&1-2 Step on the Ball of R, Big step fwd on L, Hitch R,
3-4 Touch R out to right side, Twist on L making a ¼ turn right, R still touching fwd, (Clap)

5&6 R Coaster step,
7-8 Step fwd on L, Touch R next to L,

Repeat this 8 counts 2 more times.

On the 4th eight, [9:00] do the first 4 counts and instead of the Coaster Step, Fwd, Touch, replace counts 5-8 with,...

5-8 Step R Out, Step L Out, Step In, Step L In, and add, ...
9-10 Cross R over L on ball of R and Unwind a full turn left, turning with weight on balls of both feet, ending with weight on L,

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