

I Am Free

拍數: 64 牆數: 2 級數: Improver
編舞者: Adam Åstmar (SWE) - March 2015
音樂: Jag Är Fri - Jon Henrik Fjällgren



Intro: 32 Counts from where they start jorking (right after the drum solo)

Sect – 1: ROCK FORWARD, COASTER STEP, 1/2 PIVOT, ROCK FORWARD, STEP

1 – 2 Rock R forward, recover to L
3 & 4 Step R back, step L next to R, step R forward
5 – 6 Step L forward, turn 1/2 pivot to the right (6:00)
7 – 8 & Rock L forward, recover to R, step L next to R

Sect – 2: ROCK FORWARD, COASTER STEP, 1/4 TURN, CROSS, SIDE ROCK, RECOVER

1 – 2 Rock R forward, recover to L
3 & 4 Step R back, step L next to R, step R forward
5 – 6 Step L forward, turn 1/4 to the right (9:00)
7 & 8 Cross L over R, rock R to right side, recover to L

Sect – 3: CROSS SHUFFLE, SIDE ROCK, RECOVER, CROSS SHUFFLE, 3/4 TURN

1 & 2 Cross R over L, step L next to R, cross R over L
3 – 4 Rock L to left side, recover to R
5 & 6 Cross L over R, step R next to L, cross L over R
7 – 8 Turn 1/4 to the left with R, turn 1/2 to the left with L (12:00)

Sect – 4: ROCK FORWARD, COASTER STEP, BACK, HITCH, STEP, 1/4 TURN

1 – 2 Rock R forward, recover to L
3 & 4 Step R back, step L next to R, step R forward
5 & 6 Step L back, lift R knee up, step R forward
7 – 8 Step L forward, turn 1/4 to the right (3:00)

Sect – 5: CROSS, HOLD, & CROSS, SIDE ROCK, RECOVER, LEFT WEAVE

1 – 2 & 3 Cross L over R, hold, step R beside L, cross L over R
4 – 5 Rock R to right side, recover to L
6 & 7 – 8 Cross R over L, step L to left side, cross R behind L, step L to left side

Sect – 6: CROSS, HOLD, SIDE STEP, HEEL, HOLD, CROSS STEP, 1/4 TURN, COASTER HEEL, STEP

1 – 2 Cross R over L, hold
& 3 – 4 Step L slightly to left side, touch heel diagonally forward to the right, hold
& 5 – 6 Step R next to L, cross L over R, turn 1/4 to the left (12:00)
7 & 8 & Step L back, step R next to L, touch L heel forward, step L next to R

Sect – 7: STEP FORWARD, HOLD, STEP BACK, POINT FORWARD, HOLD, STEP, 1/2 PIVOT, SHUFFLE 1/2 TURN

1 – 2 Step R forward, hold
& 3 – 4 Step L back, point R toe forward, hold
& 5 – 6 Step R next to L, step L forward, turn 1/2 pivot to the right (6:00)
7 & 8 Shuffle forward while turn 1/2 to the right stepping L, R, L (12:00)

Sect – 8: ROCK BACK, RECOVER, 1/4 SCISSOR STEP, SIDE ROCK, RECOVER, SAILOR 1/4 TURN

1 – 2 Rock R back, recover to L
3 & 4 Turn 1/4 left stepping right to side. Step left behind right. Cross right over left (9:00)
5 – 6 Rock L to left side, recover to R

7 & 8 Sweep L behind R, turn 1/4 to the left, step R beside L, step L forward (6:00)

Tag: At wall 4 after section 1, the Tag begins. Restart after tag.

HIP SWAYS, HOLD

1 – 2 – 3 – 4 Step L to left side and sway hips L, R, L, hold

Ending: (At section 5, wall 4, after 3 counts)

STEP TURN 1 / 2 STEP

1 & 2 Step R forward, turn 1/2 to the left, step R next to L (12:00)

Have fun!

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