

Freedom

拍數: 48 牆數: 2 級數:
編舞者: Amélie Jammart (BEL) & Paul Steinborn (DE) - November 2015
音樂: Freedom - Pharrell Williams



Intro: 32 count.

S1: OUT, CLAP, OUT, CLAP, IN, CLAP, IN, CLAP.

- 1 RF Step out
- 2 Clap hands
- 3 LF Step out
- 4 Clap hands
- 5 RF Step in
- 6 Clap hands
- 7 LF Step in
- 8 Clap hands

S2: TOE HEEL, CROSS, TOE HEEL, CROSS, OUT, OUT.

- 1 RF Touch right toe beside left with knee toward left
- 2 RF Touch right heel forward
- 3 RF Cross over LF
- 4 LF Touch left toe beside right with knee toward right
- 5 LF Touch left heel forward
- 6 LF Cross over RF
- 7 RF Step out
- 8 RF Step out

S3: HIPS ROLL, CROSS, STEP BACK, STEP SIDE, CROSS, 1/4 TURN, STEP FORWARD, STEP 1/2 TURN, TOGETHER, STEP FORWARD.

- 1-2 hips roll L to R
- 3 RF Cross over LF
- & LF Step back
- 4 RF Step side
- 5 LF Cross over RF
- 6 RF 1/4 turn
- 7 LF Step 1/2 turn
- & RF Together
- 8 LF Step forward

S4: OUT, OUT, TRIPPLE 3/4, OUT, OUT, JUMP ON THE LEFT FOOT IN FULL TURN, JUMP ON BOTH FOOT OUT

- 1 RF Step out
- 2 LF Step out
- 3 RF 1/4 Turn
- & LF Close next to RF with 1/4 turn
- 4 RF Close next to LF with 1/4 turn
- 5 LF Step out
- 6 RF Step out
- 7&8 Jump on the L foot in a full turn, jump on both foot out (turn left to right)

S5: STRUT, STRUT, ROCK CROSS, STEP SIDE, HOLD.

- 1-2 RF Strut cross over LF

- 3-4 LF Strut side L
- 5 RF Rock cross
- 6 LF Recover
- 7 RF Step side
- 8 Hold

S6: CROSS, HOLD, STEP BACK, HOLD, CHASSE, HOLD.

- 1 LF Cross over RF
- 2 Hold
- 3 RF Step back
- 4 Hold
- 5 LF Step side L
- 6 RF Step next to LF
- 7 LF Step side L
- 8 Hold

Contact: ameliejamart@outlook.be
