

Freedom 2016

COPPER **NOB**
BY STEPHEN

拍數: 80 牆數: 2 級數: Intermediate
編舞者: Val O'Connor (UK) - January 2016
音樂: Freedom - Pitbull : (2:57)



Intro: 32 Counts

S1: R FORWARD ROCK, LEFT LOCK STEP, R FORWARD ROCK, ½ R SHUFFLE

1-2-&3&4 Rock forward on R recover back on L, (&) step R next to L, step forward L, (&) lock R behind L, Step forward on L
5-6-7&8 Rock forward on R recover on L, ½ R step forward on R, (&) step L next to R, step forward on R (6)

S2: L & R FORWARD ROCKS, STEP L ¼ R, L CROSS SHUFFLE

1-2&3-4 Rock forward on L, recover back on R, (&) step L next to R, rock forward on R, recover back on L
&5-6-7&8 (&) Step R next to L, step forward L, ¼ R stepping R to R side, cross L over R, (&) step R to R side, Cross L over R (9)

S3: R&L SIDE MAMBOS, R FORWARD MAMBO, & STEP BACK AND OUT LR CLAP

1&2-3&4 Rock R to R side, (&) weight on L, step R next to L, rock L to L side, (&) weight on R, step L next to R
5&6&7-8 Rock forward on R, (&) weight back on L, step R next to L, (&) step back on L, step R to R side, clap

S4: TWIST HEELS RL, RL ¼ L HITCH, L SHUFFLE FORWARD, STEP R FORWARD, TAP L

1-2-3&4 Twist both heels R, twist both heels L, twist both heels R (&)L, turn ¼ L twisting heels and hitch L (6)
5&6-7-8 Step forward on L, (&) step R next, step forward L, step forward R, tap L behind R

S5: & R HEEL AND STEP L, STEP FORWARD R ¼ L, & L SIDE ROCK & R SIDE ROCK

&1&2-3-4 (&) Step down on L, dig R heel forward, (&) step down on R, step forward L, R, ¼ L step L to L side (3)
&5-6&7-8 (&) Step R next to L, rock L to L side, weight on R, (&) step L next to R, rock R to R side, weight on L

S6: CROSS R SIDE L, R BEHIND & R HEEL, & CROSS L & L HEEL, & STEP R ½ L

1-2-3&4 Cross R over L, step L to L side, cross R behind L, (&) step slightly back on L, dig R heel to R diagonal
&5&6 (&) Step down on R, cross L over R, (&) step slightly back on R, dig L heel to L diagonal
&7-8 (&) Step down on L, step forward on R, ½ turn L stepping forward on L (9)

S7: CROSS R SIDE L, R BEHIND & R HEEL, & CROSS L & L HEEL, & STEP R ¼ L

Repeat steps 1-2-3&4&5&6 as above in previous section

&7-8 (&) Step down on L, step forward on R, turn ¼ L stepping L to L side (6)

S8: R & L CROSSING SAMBAS, STEP R FORWARD ½ L, R KICK BALL STEP

1&2-3&4 Cross R over L, (&) rock L to L side, recover on R, cross L over R, (&) rock R to R side, recover on L
5-6-7&8 Step forward on R, turn ½ L stepping onto L, Kick R forward (&) step down on R, step forward L (12)

S9: ¼ L DIG R & L, SIDE R DRAG L, ¼ L DIG R&L, SIDE R DRAG L

1&2&3-4& Dig R heel forward, (&) step down on R, ¼ L dig L heel forward, (&) step down on L, step R to R side, Drag L to R and touch (&) step down on L (9)

5&6&7-8& Repeat the above steps (6)

S10: CROSS R SIDE L, & CROSS L SIDE R, & R JAZZ BOX

1-2&3-4 Cross R over L, step L to L side, (&) step R to R side, cross L over R, step R to R side

&5-6-7-8 (&) step L to L side, cross R over L, step back on L, step R to R side, step forward on L

END OF DANCE

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Last Update - 8th Feb. 2016
