

Free (To Do What I Want)

COPPER KNOB
BY STEPHEN BATES

拍數: 32 牆數: 2 級數: Improver
編舞者: Steve Rutter (UK) & Claire Rutter (UK) - July 2017
音樂: Freedom - Pitbull : (Album: Climate Change)



(32 Count Intro' - 16 Secs).

Section 1 – (Press (With Hip Push), Dorothy Step) x2.

1-2 Stepping right forward towards right diagonal press weight forward onto ball of right foot, pushing hips forward at the same time, recover weight onto left.

Arms (Optional): □ On count 1 push both hands up and away from you, towards right corner like you would if throwing a basketball.

3-4 forward towards right diagonal, lock left behind right.

& Step right forward towards right diagonal.

5-6 Stepping left forward towards left diagonal press weight forward onto ball of left foot, pushing hips forward at the same time, recover weight onto right.

Arms (Optional): □ On count 5 push both hands up and away from you, towards left corner like you would if throwing a basketball.

7-8 Step left forward towards left diagonal, lock right behind left.

& Step left forward towards left diagonal. (12 o'clock)

Section 2 – Forward Rock, Triple Full Turn Right, Step Forward, Toe Tap Behind, Step Back, ¼ Turn Left, Cross, Toe Touch.

1-2 Rock forward on right, recover weight onto left.

3&4 Make a full turn right stepping right, left, right.

Option: □ For those who do not wish to turn too much the full turn (3&4) can be replaced with a right Coaster Step

&5 Step forward on left, tap right toe behind left foot.

6 Step back on right.

&7 Make a quarter turn left stepping left to left side, cross right over left.

8 Touch left toe to left side. (9 o'clock)

Section 3 – Cross Behind, Side Step, Samba Step, Cross, ¼ Turn Right, ¼ Turn Right Into Chasse Right, Close.

1-2 Cross left behind right, step right to right side.

3&4 Cross left over right, step right to right side (taking weight), replace weight onto left.

5-6 Cross right over left, make a quarter turn right stepping back on left

7&8 Make a further quarter turn right stepping right to right side, close left beside right, step right to right side

& Close left beside right. (3 o'clock)

Section 4 – Toe Touch, Hold, Chug ¼ Turn Left, Close, Toe Touch, Hold, Sailor ¼ Turn Left.

1-2 Touch right toe to right side, hold (click fingers of both hands to the right if you wish)

&3 Hitch right knee while turning a quarter turn left, touch right toe to right side.

&4 Hitch right knee while turning a quarter turn left, touch right toe to right side.

&5 Close right beside left, touch left toe to left side.

6 Hold (click fingers of both hands to the left if you wish)

7&8 Cross left behind right, Make a quarter turn left stepping onto right (taking weight), replace weight onto left. (6 o'clock)

TAG – To Be Performed Each Time You End The Dance Facing 12 O'clock, which will mean that you'll dance this 3 times at the end of wall 2, 4 & 6.

Section 1 – Side Step, Toe Touch Behind (With Finger Points), Rock & Cross, Side Rock, Weave.

1-2 Step right to right side (swinging both arms around anti-clockwise), touch left toe behind right

(turning head a quarter turn right and pointing both index fingers right).

3&4 Rock left to left side, recover weight onto right, cross left over right.

5-6 Rock right to right side, recover weight onto left.

7&8 Cross right behind left, step left to left side, cross right over left. (12 o'clock)

Section 2 – Side Step, Toe Touch Behind (With Finger Points), Rock & Cross, Side Rock, Weave.

1-2 Step left to left side (swinging both arms around clockwise), touch right toe behind left

(turning head a quarter turn left and pointing both index fingers left).

3&4 Rock right to right side, recover weight onto left, cross right over left.

5-6 Rock left to left side, recover weight onto right.

7&8 Cross left behind right, step right to right side, cross left over right. (12 o'clock)

ENJOY!

Contact: E-Mail: steveandclaire@nulinedance.com - Website: w
