

Freedom

拍數: 32 牆數: 4 級數: Improver
編舞者: Mike Liadouze (FR) - February 2018
音樂: Freedom - Tyrone Wells



Introduction: 16 counts (with lyrics) Sequence: DDTT DDTT D*DD TTTT

[1-8] WALK x2, C-BUMP 1/4 L, BEHIND SIDE CROSS, BIG STEP, SLIDE BALL CROSS

1-2 Step RF forward, step LF forward
3& Touch R toe forward + bump R hip up (↗), ..1/8 turn L.. bump L hip side (↘),
4 ..1/8 turn L.. step RF side + bump R hip down (↘) (9:00)
5&6 Step LF behind RF, step RF side, step LF over RF
8&7&8 Big step RF side (&), slide LF together (7), step LF together (&), cross RF over LF (8)

[9-16] STEP TOUCH & SNAP x2, CURVE WALK & TRIPLE 1/2 L BRINGING ARMS DOWN

1-2 Step LF side, touch R toe behind LF + SNAP down (↘)
3-4 Step RF side, touch L toe behind RF + SNAP up (↗)
5-6-7&8 Walk in a circle ..1/2 turn L.. (↻) : L-R-LRL bringing arms down (3:00)

*Restart here on wall 5 (3:00)

[17-24] WALK x3, HOLD, HAND L-R TO HEART, MAMBO 3/2 L, 1/4 L SIDE, HOLD TOUCH STEP

1-2-3 Walk 3 step forward: R-L-R (option body-roll up on 3)
3&4 HOLD, L hand on heart, R hand on heart
5&6 Rock LF forward, recover on RF, ..1/2 turn L.. step LF forward (9:00)
8&7&8 ..1/4 turn L.. step RF side (&), HOLD (7), touch L toe together (&), step LF side (8) (6:00)

[25-32] CROSS MAMBO x2, WALK x2, HITCH, 1/4 L OUT OUT, TOUCH

1&2 Cross rock step RF over LF, recover on LF, step RF together
3&4 Cross rock step LF over D, recover on RF, step LF together
5-6 Step RF forward, step LF forward
7&8& Hitch R knee, ..1/4 turn L.. step RF side, step LF side, touch R toe together (3:00)

TAG : 2x after wall 2 (6:00), 2x after wall 4 (12:00), 4x after wall 7 (9:00) remove last 1/4 turn

[1-8] STEP-LOCK-STEP-LOCK-STEP-STEP-LOCK, WALK, 1/4 L SIDE, SAILOR 1/4 L

1&2&3 Step RF forward, lock LF behind RF, step RF forward, lock LF behind RF, step RF forward
&4 Step LF forward, lock RF behind LF
5-6 Step LF forward, ..1/4 turn L.. step RF side (9:00)
7&8 Cross LF behind RF, ..1/4 turn L.. step RF side, step LF forward (6:00)

Dedicated and thanks to Geneviève from Sunny Line Dance for the music, have fun, good luck !!

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Brevet Animateur Country Form' 1 & 2, Accrédité NTA DF4