

I Feel So Free

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Klara Wallman (SWE) - March 2019
音樂: So Beautiful - James Morrison : (4:03)



#32 counts intro.

Step with Sweep, Cross, Side, Behind, ¼ turn, Rock step, Big step, Back, ¼ turn, Forward, Step turn ½.

- 1 Step L forward as you sweep R from back to front (1).
- 2&3 Cross R over L (2), Step L to L side (&), Step R behind L (3).
- &4& Turn ¼ L step L forward (&), Rock R forward (4), Recover onto L (&). (9.00).
- 5-6&7 Take a big step back w R (5), Step L back (6), Turn ¼ R step R to R side (&), Step L forward (7). (12.00)
- 8&1 Step R forward (8), Pivot ½ L (&), Step R forward (1). (6.00).

Full turn, Forward Rock, Side Rock, Behind, Side, Cross, Turn 5/8, Run, Run.

- 2& Turn ½ R step L back (2), Turn ½ R step R forward (&). (6.00).
- 3&4& Rock L forward (3), Recover onto R (&), Rock L to L side (4), Recover onto R (&).
- 5&6 Step L behind R (5), Step R to R side (&), Cross L over R (6).
- 7 Step R back as you turn 5/8 R on R foot (L foot is in the air) (10.30).
- 8& Run forward on L (8), Run forward on R (&).

Mambo step, Turn ½ w Hitch, Run, Run, Run w Sweep, Cross, Back, Back (half diamond), Behind, Side.

- 1&2 Rock L forward (1), Recover onto R (&), Step L back (2).
- 3 Step R back as you turn ½ L on R foot (L is Hitched). (4.30)
- 4&5 Run L forward (4), Run R forward (&), Run L forward as you sweep R from back to front (5).
Restart happens after the first two run steps (after count 4&).
- 6&7 Cross R over L (6) Step L back (&), Step R back (7) (half diamond).
- 8& Step L behind R, Step R to R side, as you square up to 6.00. (6.00).

Rock step, Turn ½, Rock step, Turn ¼, Step forward, Step turn ½, Step forward, Full turn.

- 1-2& Rock L forward (1), Recover onto R (2), Turn ½ L step L forward (&). (12.00).
- 3-4& Rock R forward (3), Recover onto L (4), Turn ¼ R step R next to L (&). (3.00).
- 5-6&7 Step L forward (5), Step R forward (6), Pivot ½ L (&), Step R forward (7) (9.00).
- 8& Turn ½ R step L back (8), Turn ½ R step R forward (&). (9.00).

Start again!

Tag (8 counts): Happens after wall 1 (facing 9.00).

(The Tag is the same as the last 8 of the dance.)

Rock step, Turn ½, Rock step, Turn ¼, Step forward, Step turn ½, Step forward, Full turn.

- 1-2& Rock L forward (1), Recover onto R (2), Turn ½ L step L forward (&). (12.00).
- 3-4& Rock R forward (3), Recover onto L (4), Turn ¼ R step R next to L (&). (3.00).
- 5-6&7 Step L forward (5), Step R forward (6), Pivot ½ L (&), Step R forward (7) (9.00).
- 8& Turn ½ R step L back (8), Turn ½ R step R forward (&). (9.00)

Restart happens on wall 5 after count 20& (restart on wall 9.00).

Enjoy!