

Freedom

拍數: 32 牆數: 4 級數: Improver
編舞者: Alexis Strong (UK) & Lesley Stewart (SCO) - October 2019
音樂: La Libertad - Álvaro Soler



[1-8] LEFT CROSS HITCH, RIGHT CROSS, SIDE ROCK RECOVER, LEFT CROSS 1/4 TURN, 1/4 LEFT CHASSE.

1-2 Cross L Over R (1) Hitch R Over L (2)
3&4 Cross R Over L (3) Rock L To L (&) Recover On R (4)
5-6 Cross L Over R (5) Making 1/4 Turn L, Step Back On R (6) 9:00
7&8 Making 1/4 Turn L, Step On L (7) Close R To L (&) Step L To L 6:00

[9-16] FORWARD RIGHT MAMBO, BACK LEFT MAMBO, RIGHT SIDE ROCK, CROSS RIGHT SHUFFLE, STEP LEFT.

1&2 Rock Fwd On R (1) Recover On L (&) Step Back On R (2)
3&4 Rock Back On L (3) Recover Fwd On R (&) Step Fwd On L (4)
5&6& Rock R To R (5) Recover On L (&) Cross R Over L (6) Step L To L (&)
7-8 Cross R Over L (7) Step L To L (8)

[17-24] RIGHT SAILOR, LEFT SAILOR, RIGHT CROSS UNWIND 3/4 TURN, LEFT MAMBO STEP.

1&2 Cross R Behind L (1) Step L To L (&) Step R To R (2)
3&4 Cross L Behind R (3) Step R To R (&) Step L To L (4)
5-6 Cross R Behind L (5) Unwind 3/4 Turn To R (6)
7&8 Rock L Fwd (7) Recover Back On R (&) Step Back On L (8) 9:00

[25-32] BACK RIGHT HIP BUMP, 1/2 TURN HIP BUMP, 1/2 TURN PIVOT, FORWARD RIGHT SHUFFLE.

1&2 Step Back On R, Bump R Hip (1) Bump Fwd L (&) Bump Back On R (2)
3&4 Making 1/2 Turn, Step On L, Bump L Hip (3) Bump Back R Hip (&) Bump Fwd L Hip (4)
5-6 Step R Fwd (5) Making 1/2 Turn Pivot, Step On L (6)
7&8 Step Fwd On R (7) Step L To T (&) Step Fwd R (8) 9:00

Tag During wall 4 after count 12 Add-

1&2 Fwd R mambo
3-4 Stomp L, (3) Stomp R (4)/ Restart

Tag wall 9 after count 24-

Dance up to count 1&2 Right hip bump back and step (in section 4) then 3&4 left hip bump back and step (no 1/2 turn) stomp right foot twice and step on right start again.

Enjoy xx

Last Update – 28 Oct. 2019- R2