

# Free at Last

**COPPER KNOB**  
STEPPERS

拍數: 32      牆數: 4      級數: Low Intermediate  
編舞者: Terrese Hawley (USA) - January 2020  
音樂: Bra Off - RaeLynn



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## R.Forward Mambo, L. Back Mambo, R. Side Mambo, L. Side Mambo

1&2      Rock R foot forward, Step L together, Step R in Place.  
3&4      Rock L foot back, Step R together, Step L in Place  
5&6      Rock R to Side, Step L Together, Step R in Place  
7&8      Rock L to Side, Step R Together, Step L in Place

## Step R Side, Cross-Step L Over R, R Rock & Cross, Step Back L¼ Step R foot ½ turn R. Shuffle Forward LRL

1-2      Step Right to Side, Cross Step L Over Right Foot  
3&4      Rock R to Side, Step L in Place, Cross R Foot Over Left  
5-6      Step L Foot Back ¼ Turn R, Step R Foot ½ Turn R  
7&8      Shuffle Forward LRL

## Paddle Steps ½ Turn L, Paddle Steps ½ Turn R

1&2&3&4      With Weight on L Foot, Push off R Foot Making ½ Turn L, Step R Foot in Place  
5&6&7&8      With Weight on R Foot, Push Off L Foot Making ½ Turn R, Step L Foot in Place

## Walk Back RLRL, Right Kick-Ball Change

1-4      Step Back RLRL  
5&6      Right Kick-Ball Change  
7&8      Right Kick-Ball Change

## Begin Dance Again

Submitted by - Mindy Mills : minscoot@aol.com

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